



Annapurna Circuit Trek

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

Duration

23 Days

Per Person Cost

USD 2550

Difficulty

Strenuous

Group Size

1-16

Maximum Elevation

5416 meters

Accommodation

3-star hotel in Kathmandu and Pokhara and Teahouses, tents during the trek

arrival_on

Kathmandu

Meals

Breakfast in Kathmandu, Kathmandu Pokhara and all meals during the trek

Departure

Trip Route

Nepal

Attractions Of Annapurna Circuit Trek

Journey through the classic route of the Annapurna region with Annapurna Circuit Trek.

Explore the beautiful Annapurna Conservation Area and cover the entire Annapurna massif.

Walk through the world's deepest gorge, the Kali Gandaki.

Enjoy the breathtaking sunrise and spectacular mountain vistas from Poon Hill.

Visit the famous Hindu and Buddhist pilgrimage site, the Muktinath Temple.

Witness the incredible landscape and mighty wind of Jomsom.

Admire the gleaming mountain vistas of Mount Annapurna, Machhapuchhre (Fishtail), Nilgiri, Himalchuli, Nilgiri, Dhaulagiri, and many more.

Take a dip into the natural hot waters of Tatopani.

Annapurna Circuit Trek Overview

The fantastic Annapurna Circuit Trek, since its opening to foreign Trekkers in **1977**, has been renowned as one of the most spectacular trekking routes in the world, with charming villages and lush green valleys that offer incredible Himalayan vistas. This three-week-long trek encircles the entire Annapurna massif, reaching the pinnacle at Thorong La Pass **(5416m/ 17,769ft)**.

The trekking trails of Annapurna Circuit pass by the Marsyandi River to the banks of the Kali Gandaki River. En route, you will come across the Kali Gandaki Gorge, the world's deepest gorge, and cross one of the high mountain passes of Thorong La Pass at **5,416 meters**. You will also trek past rivers, valleys, waterfalls, glaciers, and moraines. Annapurna Circuit is a beautiful and enriching journey where you can get a taste for adventure and immerse yourself in the rich culture of the [Annapurna region](#).

Grand Trek

This GRAND TREK leads us to charming villages inhabited by diverse people from different ethnicities and gives us a glimpse of the actual culture of people residing there. Furthermore, we admire the dry but equally splendid Tibetan Plateau during the trek.

This magnificent trek starts from less than 1000m in Syange, going alongside the Marshyangdi River, allowing us to explore the Himalayas from bottom to top.

We enjoy the breathtaking Mountain Vistas from Poonhill and discover the diverse Annapurna region. Furthermore, Annapurna Circuit Trek also takes us to Manang, Jomsom, and Muktinath regions, which are all excellent in their own right. [Jomsom Muktinath Trek \(14 Days\)](#) Due to the difficulties in crossing the pass, we walk the circuit, usually in a counter-clockwise direction.

This is a long trek for those who do not want to let go of Nature from their embrace. However, constrained trekkers could go for the Annapurna Circle Trek (14 days). We also have the [Annapurna Base Camp Trek \(11 days\)](#), among Nepal's best treks. It is suitable for those wishing to reach the base camp of Mt Annapurna.

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International Airport, a representative from Naata Trek and Tours will be waiting for you at the airport, displaying a placard imprinted with your name. He/she will then transfer you to the designated hotel. In the evening, we can enjoy a welcome dinner hosted by Naata

Trek and Tours. We can enjoy Nepalese cuisine during dinner, which introduces us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1350 meters

Day : Kathmandu Sightseeing

After breakfast, we will have a pre-trip meeting to introduce you to your Guide. During the meeting, you can provide yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the most significant Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa.

After Boudhanath Stupa, we visit Pashupatinath Temple, the most famous Hindu temple in the country. It is located on the banks of the holy Bagmati River. Here, we see Hindu holy men (sadhus) meditating, pilgrims bathing, and occasionally, funeral pyres burning on the ghats.

We will also visit Bhaktapur Durbar Square, a collection of pagoda and shikhara-style temples grouped around a fifty-five-window palace of brick and wood. The attractions of the Bhaktapur Durbar Square are the Lion Gate, the Golden Gate, the Palace of Fifty-Five Windows, art galleries, and the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1350 meters

Day 7-8 hours: Drive to Besisahar and take a jeep to Syange

We take a public bus from Kathmandu to Besisahar, which will take around 8 hours. From Besisahar, we will take a jeep to Syange. The drive is rewarding as we carve through corners, and the scenes are one to cherish as we pass by landscapes, rivers, and waterfalls. We stay the night in Syange.

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

1100 meters

Day : Trek to Tal

We start our trek today, following the trail along the beautiful Marsyangdi River. The walk slowly ascends as we come across a series of stunning waterfalls. We stay the night in Tal.

Time:

7-8 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

1700 meters

Day : Trek to Danaque

We have an early morning breakfast, leave Marsyangdi River behind us and head for Danaque. On our way to Danaque, we can view amazing views of Annapurna II, Pisang Peak, beautiful landscapes, and serene villages. Also, we pass by old towns and stunning waterfalls, which provide us with a glimpse of the rural lifestyle in Nepal. We stay the night in Danaque.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

1860 meters

Day : Trek to Chame

We have an easy day today. We continue our walk along with the view of the mountains and waterfalls. We reach Chame after walking for around 4 hours. Chame is the headquarters of Manang and is a small yet beautiful town with more facilities than the places we visited previously. We stay the night in Chame.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2670 meters

Day : Trek to Upper Pisang

We have our breakfast and head for Upper Pisang. We walk through dense forests, the Marsyangdi River, and beautiful meadows with views of mountains in the distance. We come across Paungda Dada, a rock with a bowl shape. After walking for an hour or so, we reach Upper Pisang, where we can get up-close views of Annapurna II standing tall before us. We stay the night in Upper Pisang.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3300 meters

Day : Trek to Ngawal

Waking up early in the morning offers us a chance to see the first ray of sun on Annapurna II. We have breakfast and continue on the trail, which takes us to Ngawal. Walking up to Ngawal allows us to witness the high-altitude flora, faunas, deep gorges, Annapurna range, and Pisang Peak. We stay the night in Ngawal. We stay the night in Ngawal.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3,660 meters

Day : Trek to Manang via Bhrakra

We continue on the trail, which takes us past jungles, wetlands, and big hills. We can see beautiful landscapes, as well as Stupas and Lama Schools. We walk for 6 hours to reach Manang, which was a treat to the eye. We stay the night in Manang.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3500 meters

Day : Acclimatization day in Manang

Today, we take a day off to rest our tiring legs and acclimatize to the high altitude. We take walks in and around villages, which gives us an opportunity to see the lifestyle of the people living there. We stay the night in Manang.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3500 meters

Day : Trek to Yak Kharka

After the rest of the day in Manang, we will continue our walk towards Yak Kharka and gain 500 m in elevation. We gradually climb through Tenki Manang, leaving behind the Marsyangdi valley. We continue along the Jarsang Khola Valley, and once we reach Yak Kharka, we can see herds of Yaks and vegetation thin out. We stay the night in Yak Kharka.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4000 meters

Day : Trek to Thorong Phedi

We start the day with a two-hour-long ascent, after which the trail descends to cross the river at 4,310m. Then, we climb up to Thorong Phedi at 4,450m and stay the night in a local guesthouse.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4450 meters

Day : Trek to Muktinath via Thorung La Pass

We have a long day before us, so we start before dawn. We need to reach the pass before 10 am because the strong wind of the daytime can affect our journey. We continue our steep climb, and the trail is easy to follow, albeit in bad weather conditions where the trail can get too snowy to trek. We climb the pass for four hours on trails marked by chortens and prayer flags, and the beautiful scenery of the mountains never leaves us throughout the trail. We walk for four hours and reach the holy town of Muktinath.

Muktinath is a sacred place for Hindus and Buddhists alike. Muktinath means the place of nirvana, and the valley is also home to Muktinath temple. It is said that all the sorrows and pain are relieved when visiting the temple. The temple is dedicated to Lord Vishnu and has 108 waterspouts around it. Nearby the temple is a stunning natural spring and an eternal flame fueled by natural gas.

Time:

7-8 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

5416 meters

Day : Trek to Marpha via Lubra Pass

We are on the other side of Thorong La Pass today, and most of the land will be dry and somehow resemble a desert. We continue to walk along the banks of Kali Gandaki River, but most of the time we will descend. We pass through age-old stupas, old traditional houses, and the intact civilization of Mustang. Marpha is the home to the legendary apple orchards. We can have different variations of apple

recipes like wine and pies. Marpha is also famous for its apple brandy, and we can taste it if we want to.

Time:

7-8 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

4020 meters

Day : Trek to Kalopani

We have breakfast and continue to descend through the valley along the banks of the Kali Gandaki River. While on this trail, we can get great views of Annapurna I and the beautiful landscapes it compliments. We stayed the night in Kalo Pani.

Time:

6-7 hours

Accommodation

Tea house

Meals:

Breakfast, lunch and dinner

Altitude:

2530 meters

Day : Trek to Tatopani

We descend further through the Kali Gandaki River valley. Vegetations have already started to appear now, and on the way, we will encounter the world's deepest gorge, Kali Gandaki. Tatopani is famous for its natural hot springs; no wonder the name Tatopani translates to "hot water". Once we reach there, we can take a dip, relax, and let our muscles heal. We stay the night in Tatopani.

Time:

6-7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

1190 meters

Day : Rest day in Tatopani

We spend yet another day in Tatopani. Thus we have ample time to explore the village, dip into the natural hot springs, and enjoy the day. We stay the night in Tatopani.

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

1190 meters

Day : Trek to Ghorepani

Today's trail is one of the easier parts of the trek. The day is marked by ascents for much of the trail. After walking for around 7 hours you will reach the beautiful gurung village of Ghorepani. We stay the night in Ghorepani.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2840 meters

Day : Hike up to Poon Hill, and trek to Tikhedhunga

We start the hike 'before the crack of the dawn' to reach Poon Hill, which stands at an elevation of 3210m. The sunrise turning the gorgeous mountains into glaring gold is a treat to our eyes. We spend some time there and have breakfast on the way back to Ghorepani. We then climb along the ridges, passing by pine and rhododendron forests before reaching Tikhedhunga. We stay the night in Tikhedhunga.

Time:

5-6 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3210 meters

Day : Trek to Nayapul and drive to Pokhara

We continue to walk alongside Modi Khola, reaching Birethani, which is an easy walk of about 5 hours, and finally arrive at Nayapul. We will then drive back to Pokhara in a private car. We can stroll around the lakeside and enjoy a couple of drinks overlooking the lake. We stay the night in Pokhara.

Time:

4-5 hours

Accommodation

3-star hotel

Meals:

Breakfast, lunch and dinner

Altitude:

1010 meters

Day : Pokhara Sightseeing

We head to Sarangkot early in the morning in our private tourist vehicle. Sarangkot: a famous hill station best known for paragliding and sunrise, overlooks Dhaulagiri and Annapurna ranges in the north and

Pokhara city in the south. We then returned to Pokhara and continued sightseeing, visiting several of the city's leading lights. Davi's Fall is among the most visited places in Nepal. Davi's Fall is a special waterfall with a strange history of being named after a Swiss couple, Davi. Its Nepali name is Patale Chango, which means 'underworld waterfall. '

We also visit the Mahendra cave nearby, which shelters a shrine devoted to lord Shiva, a powerful Hindu God. We continue our tour by boating in Phewa Lake (the largest lake in Pokhara) and visiting Bindyabasini Temple at the center of the Lake. International Mountain Museum (IMM) is another remarkable visit where we can see the records of the past and present development of mountaineering activities in the Himalayas and in the world to some extent.

Furthermore, we visit the Tibetan refugee camp and see how they earn their living by keeping themselves busy producing woolen carpets and other handicraft items. We stay overnight in Pokhara.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1592

Day 6-7 hours: Drive to Kathmandu

We have breakfast and start the jeep drive back to Kathmandu, and since we take the same road back, the drive is enjoyable.

In the evening, we have a THANK YOU farewell dinner program organized by Naata Trek and Tours, where we can recall all the fond memories and have a good time.

Accommodation

3-star hotel

Meals:

Breakfast

Day : Final departure

Our trip concludes today. A representative from Naata Trek and Tours

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu and Pokhara with breakfast Teahouses accommodation during the trek
- Welcome and farewell dinner programs
- All ground transportation on a private vehicle
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing

- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Travel & Adventures's trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits (ACAP, TIMS)
- Medical kit (carried by your trek leader)

Trip Excludes

- Nepalese visa fee
- International airfare to and from Kathmandu
- Excess baggage charges
- Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- All other not mentioned in cost includes section

Additional Trip Information

Sceneries during Annapurna Circuit Trek

The Annapurna Circuit Trek route goes through the beautiful Annapurna Conservation Area. Trekkers will hike from the lower subtropical forests of rhododendrons, oaks, and firs to conifer forests and alpine meadows. Thus, they will be able to witness the diverse and beautiful Himalayan flora and fauna. You will cross several suspension bridges over sparkling rivers while trekking past streams, waterfalls, and glaciers. The trails will also take you past traditional Gurung and Magar villages with terraced fields on the hillside. You will also get to visit the sacred Muktinath Temple and beautiful monasteries.

From the **Poon Hill** vantage point at the elevation of **3,210 meters**, trekkers can watch the spectacular sunrise and sunset with the snow-capped mountains in the backdrop. *The view from the Thorong La Pass (5,416 meters) is breathtakingly stunning as you witness the surrounding mountain vistas and landscapes.* During the Annapurna Circuit Trek, you will get to witness mountain panoramic views of the Annapurna, Annapurna II, Annapurna III, Annapurna IV, Machhapuchhre, Dhaulagiri, Nilgiri, Thorung Peak, Tukucho Peak, Nilgiri, Chulu (East and West), and more.

Challenges of Annapurna Circuit Trek

Annapurna Circuit Trek has a few challenges, making it a strenuous journey. These challenges include:

Duration and Distance

The Annapurna Circuit Trek takes **12 to 22 days**, depending on the route. During the trek, trekkers have to cover 160 to 210 km. The long distance and duration of the trek are physically and mentally challenging, and trekkers must be ready to overcome various other problematic factors. Compared to the Annapurna Trek, trekking in the Annapurna Circuit route is more strenuous and demanding.

Rough Trails & Terrain

The trekking trails of the Annapurna Circuit go from dense woodlands to alpine meadows and icy trails. Although the trails are well-designated, they are off-beat, rough, and uneven. *There are steep and narrow uphill and downhill pathways. The average walking time is between 6 and 7 hours.* Similarly, trekkers must ascend and descend steep stone staircases, which is physically demanding. Overcoming the rough trails and terrain requires good fitness and stamina.

Altitude

During the Annapurna Circuit Trek, trekkers will ascend to a high elevation above **5,000 meters** above sea level. Ascending to higher elevations while walking on the rough trails is a physically arduous journey. Additionally, it can cause trekkers to experience altitude-related sickness. *Trekkers can experience various symptoms that can be fatal if taken too lightly.* The facilities also get more essential as you trek to the higher-elevation regions. It can also cause mental strain on trekkers.

Unpredictable Weather

As you go higher, the weather becomes more unpredictable. Despite the season, the weather changes rapidly, making forecasting difficult. A sudden shift in weather, such as rain, winds, hot sun, or snow, can create challenges for trekkers. Hence, trekkers must prepare to face any weather during the Annapurna Circuit Trek.

Altitude Sickness During Annapurna Circuit Trek

During the Annapurna Circuit Trek, you will reach a high altitude of **5,416 meters** above sea level at the Thorong La Pass. *Due to the trek's high altitude nature, trekkers may succumb to altitude sickness.* The risk of altitude-related sickness begins after trekkers ascend above **2500 meters**. The reason is the decreasing oxygen level in the atmosphere and reduced air pressure.

The symptoms of altitude sickness can range from mild to severe. It can differ from trekker to trekker, depending on their body type. Based on its severeness, it has three types, which are as follows:

Altitude Mountain Sickness (AMS)

It is the mildest form of altitude sickness. Trekkers experience the symptoms within some hours after ascending to higher elevations. *It includes symptoms such as headache, fatigue, dizziness, nausea, insomnia, swelling, and difficulty breathing.*

High Altitude Pulmonary Edema (HAPE)

HAPE is a severe altitude sickness that develops within the first two to four days of higher elevation ascension. HAPE occurs when fluid accumulates in the lungs when the body lacks oxygen at higher elevations. *The symptoms include chest tightness or pain, shortness of breath, rapid heartbeat, fatigue, persistent dry cough, and change in colors of lips or fingertips into blue or gray.*

High Altitude Cerebral Edema (HACE)

When AMS progresses to severe form, it results in HACE. It occurs when a lack of oxygen in the body accumulates fluid in the brain. The symptoms include neurological symptoms such as severe headache, nausea, vomiting, disorientation, lack of coordination, and change in behavior.

Understanding the elevation gain also helps trekkers better prepare for the trek. They can plan their itinerary and include acclimatization days as per their requirements. *Acclimatization allows the trekker's body to adjust to the growing elevation and minimize the risk of altitude sickness.* Staying hydrated and slow ascension to the higher elevation are also ways to reduce the risk. Trekkers must let their trekking guide know immediately if they begin to experience the symptoms. Your guide will provide immediate assistance or call for rescue for your safety.

Best Time For Annapurna Circuit Trek

The season is crucial in elevating your overall trek experience, including the Annapurna Circuit Trek. **Spring and autumn** are the peak trekking seasons with the best weather. Summer and winter are off-season as they possess challenges, but trekking at these seasons has its charms. Let us look at each of the four seasons of the Annapurna Circuit Trek:

Spring (March to May)

Spring is a peak season for trekking to Annapurna Circuit due to clear weather, dry trails, and moderate temperatures. The precipitation level is low except for occasional rainfall. Moreover, the flora and fauna are most active, so you have a higher chance of witnessing the region's rare animals. Trekkers will hike through the blooming rhododendron forest trails and colorful meadows. The mountain views are clear, and the landscapes are now vibrant. The average daytime temperature of higher elevations is **8 to 0** degrees Celsius.

Summer (June to August)

The weather is warm during summer, but the monsoon also begins simultaneously. It brings heavy rainfall, and the lower region's trails of the Annapurna Circuit get wet and muddy. There is also an increased risk of landslides and mudslides. As a result, most trekkers avoid summer trekking. But the landscape looks green and luscious as rain cleanses the surroundings. The average daily temperature is around 23 degrees Celsius.

Autumn (September to November)

Autumn is the favorite season among trekkers and an excellent time for Annapurna Circuit Trek. The season has the most stable and favorable weather conditions. The sky is clear with minimal rainfall, so the trails are dry. The landscapes and vegetation look green and fresh. Similarly, the autumn foliage and

crystal-clear views make the trek more enjoyable. The average daytime temperature ranges around 20 degrees Celsius, while the nighttime temperature can drop to 5 degrees Celsius.

Winter (December to February)

Winter begins the off-season for trekking in Nepal. Although the daytime is usually warm, the temperature drops, especially in higher regions, where it snows heavily. It can drop below **-10 degrees Celsius** at night time. There can also be snow blizzards and a risk of avalanches. However, many experienced trekkers choose winter to challenge themselves and enjoy the snow-covered winter landscapes. Moreover, the trails are quieter, and you can enjoy the spectacular mountain panoramas.

History of Annapurna Circuit

The history of the Annapurna Circuit dates back to **1977** when the government of Nepal opened its routes for trekkers. Before that, there was a dispute between the Nepalese government and Khampa guerillas near the Tibetan border. The route was opened after the conflict was settled between the two parties. The starting point of the classic route of the circuit was Dumre, and it took **22 to 23 days** to complete the trek.

Road construction began north of Beni and Dumre in the early eighties and is ongoing. Recently, construction has made road access available to Chame in Manang and Phedi in Mustang. With the recent construction, the duration of the Annapurna Circuit Trek has shortened immensely. However, trekkers can still prefer to take the classic route.

Accommodation

Teahouses, lodges, guest houses, and homestays are the most common accommodations along the Annapurna Circuit Trek route. *As there is a lack of proper infrastructure in higher areas of the region, the facilities are essential, and amenities are limited.*

During the trek, you will stay at teahouses on a twin-sharing basis. Usually, these accommodations have shared bathrooms and communal dining spaces. You may find stays in lower regions with single rooms and attached bathrooms. But as you ascend to higher elevations, the facilities will become basic.

Meals

Taking nutritious meals during a demanding trek like the Annapurna Circuit is essential. Luckily, the teahouses and shops along the route offer various meals, including Nepalese staple food and Indian, continental, and Western cuisines.

You will find Dal Bhat on every menu item at eateries along the route. This staple of Nepalese cuisine, which is high in carbohydrates and protein, includes cooked rice, lentil soup, curries, and pickles. Other menu options include momo, chowmein, thukpa, stew, salad, porridge, cornflakes, bread (Tibetan/Chapati), pasta, sandwiches, spaghetti, burgers, fries, etc.

It is best to avoid dairy products, caffeine, chocolate drinks, and alcoholic beverages during the trek. Also, if you have any dietary restrictions, you must inform your trekking agency beforehand. They will make the meal arrangements accordingly.

Visa For Trekking In Nepal

All foreign travelers except Indian nationals must have a visa for trekking and touring in Nepal. They can get the visa on arrival at the Tribhuvan International Airport, Kathmandu. Meanwhile, those traveling by land can get the visa at the Immigration Office at the Nepal border.

To obtain the visa, your passport must have at least six months of validity and provide a passport-size photo. The visa costs will vary depending on your stay in Nepal. Children under the age of ten are eligible for a free visa. Similarly, the residents from the South Asian Association for Regional Cooperation Countries (SAARC) and China will get free visas. The visa costs are as follows:

- **15 days:** USD 30
- **30 days:** USD 50
- **90 days:** USD 120

Travel Insurance

Annapurna Circuit is a high-altitude trek, so travel insurance is mandatory. During the trek, you will reach the maximum elevation of **5,416 meters** above sea level at Thorung La Pass. The trails are also steep and physically demanding. Hence, trekkers can experience altitude sickness, and there are minimum risks of injury, illness, and other unforeseen events.

Travel insurance must cover altitudes above **5,000 meters** and altitude-related sickness. It should also cover medical bills and emergency expenses such as helicopter evacuation. The insurance must also cover trip cancellation/ postponement and baggage loss/ damage. Your guide and travel agency will use the policy to arrange quick rescue operations and emergency medical assistance.

Permit

The Annapurna Circuit Trek requires two permits:

TIMS Card

Trekkers must obtain a TIMS card to trek in Nepal. While applying for the card, trekkers must provide personal details, including emergency contacts and a trek itinerary. This information is vital for rescue operations during natural disasters and accidents.

The fees for the TIMS card are **NPR 1000** per person for SAARC nationals and **NPR 2000** per person for non-SAARC nationals.

ACAP

The Annapurna Circuit trails are inside the Annapurna Conservation Area, Nepal's largest protected area with diverse flora, fauna, and ecosystems. Because of its delicate environment, trekkers must obtain a permit to access the region, called the Annapurna Conservation Area Entry Permit (ACAP).

ACAP costs **NPR 1000 per person** for SAARC nationals and **NPR 3000 per person for non-SAARC** nationals.

Extra Personal Expenses

You must bring sufficient cash for the Annapurna Circuit Trek as extra personal expenses. The trek packages cover your transportation, accommodations, and meals during the trek. However, they do not cover everything. For example, snacks and drinks during the trek are the trekker's expenses. The additional cost for services like internet, hot shower/ water, charging device, etc., are also the trekker's expenses.

Typical Day In Trek

Each day during the Annapurna Circuit Trek offers something new, exciting, and fascinating. *You will hike through forest trails, pass by charming villages, rivers, and waterfalls, and cross many suspension bridges.* There will be plenty of awe-inspiring moments and photo-taking opportunities.

Your day begins early. After you have tea and breakfast, you will start your trek. Depending on your destination, your trek begins at **7 or 8 AM**. You will continue trekking until midday. Then, you will take a short lunch break for an hour. The afternoon treks are usually shorter and take around two or three hours.

Upon reaching your destination for the day, you can rest or explore the surrounding areas. Your dinner will usually be around **7 PM**. After dinner, your trek guide will give you a short briefing for the next day's journey. Then, you can play games, chat, read books, or do anything you like, but turn in early for a good night's sleep and rest.

Communication

The accommodations along the Annapurna Circuit provide internet and WiFi services for an additional cost of around **USD 2**. The connectivity is poor, but enough to contact your family and friends back home. You can also buy a local SIM card to communicate in Kathmandu. *However, the network signal may not work correctly as you move to higher elevations, and the signal can vary depending on the network.*

Currency exchange

You can exchange the currencies upon arrival at the Tribhuvan International Airport. However, you can also exchange significant currencies in local banks and financial institutions, as well as legitimate money exchanges in Kathmandu. There are many such facilities around the tourist hub, Thamel. The legitimate money exchange counters display their rates visibly, so you can check them and take the service.

There are also ATM facilities available 24/7 everywhere in Kathmandu. The maximum withdrawal is **NPR 35,000, and NPR 500** for service charge. You can take the money exchange service at banks and financial institutes, but they charge 4% as a service charge fee. As you get farther from the capital city, the ATM facilities become limited, and in remote areas, the services are non-existent.

Frequently Asked Questions

Is Annapurna Circuit Trek worth it?

Absolutely yes! The Annapurna Circuit Trek is among the classic routes that offer magnificent sceneries and adventurous experiences. With the recent road constructions, the government of Nepal has opened many new alternative trekking trails. So, those who have previously completed the trek can explore the new routes for a brand new experience of the Annapurna Circuit hike.

Can beginners join the Annapurna Circuit Trek?

Yes, beginners can join and complete the Annapurna Circuit Trek with adequate preparation—a basic fitness level with reasonable strength, stamina, and endurance to hike the Annapurna Circuit trail. On average, participants must be able to ascend and descend on steep trails for 6 to 7 hours daily. They must also prepare physically and mentally for the Annapurna Circuit Trek.

What fitness level is necessary for the Annapurna Circuit Trek?

Annapurna Circuit is a long-duration trek that is physically and mentally demanding. Thus, trekkers must have reasonable physical and mental fitness. Trekkers should undertake cardiovascular exercises and training for at least two months before increasing their strength, stamina, and endurance for the trek. They must also research the trek to prepare and build mental resilience.

What documents and permits are necessary for the Annapurna Circuit Trek?

Trekkers must have a valid Nepal visa, travel insurance, and permits for the Annapurna Circuit Trek. The Nepal visa is available on arrival at the Tribhuvan International Airport. Meanwhile, travel insurance should cover high-altitude, medical, and emergency evacuation, including helicopter rescue. Lastly, the trek will require a TIMS (Trekkers Information Management System) card and an ACAP (Annapurna Conservation Area Entry Permit).

Are ATM facilities available along the Annapurna Circuit Trek route?

The lower regions of the Annapurna Circuit Trek route may have ATM facilities, but they may not be reliable. As you ascend to higher elevations, the facility is nonexistent. Hence, trekkers must exchange sufficient cash (Nepalese Rupees) before the trek. Remember, you can also not use your credit cards as the shops along these routes still only do business in cash.

What is the difference between the Annapurna Circuit Trek and the Annapurna Base Camp Trek?

The Annapurna Circuit Trek covers the entire Annapurna massif and takes more days to complete. Meanwhile, the Annapurna Base Camp takes 7 to 12 days, during which you will only reach the base camp at 4,130 meters. Moreover, the Annapurna Circuit Trek is more demanding than the Annapurna Base Camp.

Is hiring a guide necessary for the Annapurna Circuit Trek?

Yes, hiring a guide is mandatory for the Annapurna Circuit Trek. As of April 2023, the government of Nepal has made it compulsory to hire a licensed guide for all trekking destinations in Nepal. A guide

helps ensure the trekkers' safety while navigating the challenging terrains. They also provide immediate medical assistance and support in emergencies.

What is the highest point of the Annapurna Circuit Trek?

Thorung La Pass is the highest point of the Annapurna Circuit Trek. The high mountain pass sits at a height of 5,416 meters above sea level, and ascending the pass is one of the most challenging parts of the trek.

Is the Annapurna Circuit Trek harder than the Everest Base Camp Trek?

The Annapurna Circuit Trek and Everest Base Camp Trek are both physically demanding high-elevation treks. The Annapurna Circuit Trek is longer in duration, but the Everest Base Camp Trek is higher in elevation. The trails of both destinations are steep and demanding, but the long duration of the Annapurna Circuit Trek makes it harder.

Can I do the Annapurna Circuit Trek in 7 days?

It is possible to do the Annapurna Circuit Trek in 7 days. However, you cannot complete the classic route within a week and must take shorter routes. During the short Annapurna Circuit Trek, you must walk 6 to 7 hours daily, which is more physically demanding. Similarly, it can be more challenging as you may not have enough time for acclimatization.

What is the success rate of Annapurna Circuit Trek?

The success rate of the Annapurna Circuit Trek is between 98% to 100%. Although it is a challenging trek, anyone with reasonable fitness and health can complete it successfully. Trekkers must take proper precautions, plan the itinerary properly, and take adequate acclimatization days to complete the trek successfully.

Can I see Mount Everest during the Annapurna Circuit Trek?

No, you cannot see Mount Everest during the Annapurna Circuit Trek. The Annapurna Circuit Trek lies in the central region of Nepal, while Mount Everest lies in the eastern Khumbu region. Since they lie in two opposite directions, it is impossible to see Mount Everest from the Annapurna region.

Is safe drinking water available during the Annapurna Circuit Trek?

Yes, safe drinking water is available during the Annapurna Circuit Trek. You can buy bottled water at the shops along the trekking route, but you can also carry your own water bottle and refill it with boiled or filtered water. Water sources like taps, rivers, and streams may look clean but do not drink from them directly as they may carry water-borne illnesses.

How difficult is the Annapurna Circuit Trek?

The Annapurna Circuit is a strenuous trek that is physically and mentally demanding. It lasts 23 days, during which trekkers must walk 6 to 7 hours on varied terrain. Similarly, they must make steep uphill and downhill climbs on narrow pathways and stone staircases. The high altitude also makes the trek

more challenging.

When is the best time for Annapurna Circuit Trek?

Spring or pre-monsoon (March to May) and autumn or post-monsoon (September to November) are the best times for the Annapurna Circuit Trek. These seasons are ideal and favorites among trekkers due to the pleasant weather and moderate temperature. There is minimal rainfall, and visibility is excellent for enjoying the spectacular mountain panoramas and scenery.

Address

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