Discovery World Trekking



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Annapurna Circuit Trek - 14 Days

14 days. Grade: Challenging.

5.0 2295+ reviews on TripAdvisor

US$ 920
per person, for 2 to 3 people

Made on 26 November 2026

https://dev.discoveryworldtrekking.com/trips/annapurna-circuit-trek







The 14-day Annapurna Circuit Trek circles the Annapurna Massif, passing deep gorges, high-altitude deserts, and changing landscapes. The journey is shaped by lush forests, changing terrain, and diverse ethnic communities as you move towards Thorong La Pass for majestic mountain views.

TRIP FACTS

Destination	Nepal
Grade	Challenging
Accomodation	Hotel in Pokhara and Hotel/Lodge/Tea House during the trek
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec.
Activity	Annapurna Treks
Max. altitude	5,416m at Thorong La High Pass
Activity per day	Approx. 4-6 hrs walking
Meals included	Breakfast in Pokhara Hotel and all Meals (Breakfast, Lunch, Dinner) during the trek
Start / end point	Kathmandu / Kathmandu

PRICE

US$ 920

per person, for 2 to 3 people

The full price is US$ 1050. You save US$ 130 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 920
4 to 7	US$ 880
8 to 13	US$ 840
14 to 21	US$ 800

Group discounts are exclusive to your group size only. We do not merge groups.

Annapurna Circuit Highlights

- Enjoy views of major mountain peaks: Annapurna I, II, III, IV, Machhapuchre, Dhaulagiri, Nilgiri, Thorong Peak, Chulu West, Chulu East, Lamjung Himal and Gangapurna.
- Cultural experience in Manang and Mustang, including Buddhist monasteries such as Barge Monastery.
- Acclimatize in Manang Village, with scenic viewpoints such as Gangapurna Lake, which has an ice lake.
- Cross Thorong La Pass (5,416 m / 17,756 ft), the highest trekking pass in the Annapurna region.
- Visit the sacred Muktinath Temple, known for its 108 stone faucets and an eternal flame.
- Relax in natural hot springs at Tatopani.
- Pass through the Kali Gandaki Gorge, one of the deepest gorges in the world.
- Observe the sunrise over the Annapurna and Dhaulagiri ranges from Poon Hill Sunrise Viewpoint (3,210 m).
- Discover scenic villages like Pisang and Ngawal, offering quieter trails and panoramic mountain views.
- Experience local traditions of Gurung, Magar, and Thakali communities.
- Driving through Jomsom, the headquarter of Mustang and an air gateway to Annapurna.
- Explore the lakeside city of Pokhara with mountain reflections and a peaceful atmosphere.

Annapurna Circuit Trek 14 Days Overview

The Annapurna Circuit Trek takes you through the stunning natural beauty and cultural richness of Nepal's **Annapurna region**. It stretches across the **Gandaki** and **Dhaulagiri zones**, passing through six districts: Lamjung, Manang, Mustang, Myagdi, Baglung, and Kaski. As the culture, scenery, and altitude change along the route, the trek offers a rewarding, diverse experience.

The journey begins in **Bhulbhule (845 m / 2,815 ft.)** after obtaining a permit at the checkpoint. From here, the trail follows the calm banks of the **Marsyangdi River**, gradually moving through green hills and open landscapes.

Continuing onward, the path leads to peaceful villages such as **Jagat (1,300 m / 4,265 ft.)** and **Dharapani (1,860 m / 6,200 ft.)**. You can experience **local mountain culture** here as the surroundings slowly shift. into a forested trail.

The trek continues towards **Chame (2,610 m / 8,890 ft.)**, the district headquarters of **Manang**. Passing through the Geru route, you make your way up to **Upper Pisang (3,300 m / 10,826 ft.)**, where clear views of the **Annapurna II** and **Pisang peaks** begin to open up.

As the route ascends, the trail opens into a **desert-like landscape**, surrounded by mountains and with a strong **Tibetan cultural presence.** The path rises past cultivated fields through Ngawal and enters **Manang village (3,540 m / 11,300 ft.)**, an important acclimatization stop. Trekkers spend their day resting, adjusting to the higher altitude, and enjoying the view of the **Annapurna Range, Gangapurna Lake**, and **the ice lakes.**

After the rest day, the path leads into remote terrain where the air turns cold and dry, leading to Yak Kharkha and Ledar (4,250 m / 13,943 ft.). As the surrounding becomes quiter, your path transitions into high-altitude terrain leading to **Thorong High Camp (4,925 m / 16,158 ft.).**

The trek reaches its highest and **most challenging point at Thorong La Pass (5,416 m / 17,756 ft.).** The climb is steep and demanding, but reaching the top rewards you with majestic views of the Annapurna and Dhaulagiri ranges.

Crossing the pass is the most memorable part of the journey, even though it requires good endurance and steady pacing. After that, the trail descends toward **Muktinath Temple (3,760 m / 12,623 ft.)**. It is a sacred pilgrimage site for **Hindus** and **Buddhists**, known for its 108 water spouts (Muktidhara) and eternal flame.

From here, the journey continues with a bus ride through rugged mountains and deep gorges to **Tatopani (1,200 m / 3,940 ft.)**, famous for its natural hot springs. After a relaxing break, the route leads you toward **Ghorepani (2,860 m / 9,385 ft.)**.

Before ending the Annapurna Circuit trek, an early morning hike takes you to **Poon Hill (3,210 m / 10,525 ft.)**. As the sun rises, it reveals a spectacular view of Dhaulagiri and Annapurna I.

The journey ends as you make your way back to lower elevations after crossing high passes and remote trails. It concludes with the **descent to Tikhedhunga,** followed by a **drive to Pokhara (820 m / 2,690 ft.)**. Each part of the path adds its own experience.

Choose the Annapurna Circuit Trek to experience a mix of adventure, challenging paths, and cultural diversity that make the entire journey feel complete.

Day-to-Day Short Itinerary

Day 1 Drive from Kathmandu to Bhulbhule (845 m / 2,815 ft) west of Kathmandu. Drive time: Approx. 8 hrs.

Day 2 Trek from Bhulbhule to Jagat (1,300 m / 4,265 ft). Trek time: Approx. 5 hrs.

Day 3 Trek from Jagat to Dharapani (1,860 m 6,200 ft). Trek time: Approx. 5 hrs.

Day 4 Trek from Dharapani to Chame (2,610 m / 8,890 ft). Trek time: Approx. 6 hrs.

Day 5 Trek from Chame to Upper Pisang (3,300 m / 10,826 ft). Trek time: Approx. 6 hrs.

Day 6 Trek from Pisang to Manang (3,540 m / 11,300 ft). Trek time: Approx. 6 hrs.

Day 7 Rest and acclimatization day at Manang

Day 8 Trek from Manang to Ledar (4,250 m / 13,943 ft). Trek time: Approx. 5 hrs.

Day 9 Trek from Ledar to Thorong High Camp (4,925 m / 16,158 ft). Trek time: Approx. 5 hrs.

Day 10 Trek from Thorong High Camp to Muktinath Temple (3,760 m / 12,623 ft) via Thorong La High Pass (5,416 m / 17,756 ft). Trek time: Approx. 9 hrs.

Day 11 Drive from Muktinath to Jomsom and Tatopani (1,200 m / 3,940 ft). Drive time: Approx.4 hrs.

Day 12 Trek from Tatopani to Ghorepani (2,860 m / 9,385 ft). Trek time: Approx. 7 hrs.

Day 13 Early morning hike to Poon Hill (3,210 m / 10,525 ft) - then trek to Tikhedhunga (1,570 m / 5,150 ft). Trek time: Approx. 4-5 hrs. Drive to Nayapul, Pokhara. Drive time: Approx. 2 hrs.

Day 14 Drive from Pokhara (820 m / 2,690 ft) to Kathmandu (1,350 m / 4429 ft). Drive time: Approx. 7 hrs.

Annapurna Circuit Trek Itinerary

DAY 1

Drive from Kathmandu (1,320 m / 4,330 ft.) to Bhulbhule (845 m / 2,772 ft.)

Drive duration 7-8 hrs.

We begin our first day with an **early-morning drive** from **Kathmandu** to **Bhulbhule**, stopping for breakfast by the riverside beside calm, flowing water.

Kathmandu → Besisahar → Bhulbhule → Ngadi

Following the Trishuli River, you will see terraced farms, green hills, waterfalls, and hillside villages before reaching Besisahar. On clear days, you can enjoy distant views of **Ganesh Himal** and **Manaslu** along the route.

Beyond **Besisahar**, the road becomes narrower and more rugged as you follow the **Marsyangdi River** deeper into the mountains towards **Bhulbhule.**

As we enter the village, the first thing we do is register our trekking permits at the **checkpoint**.

Moving forward, you cross a suspension bridge and trek for an hour to reach today's destination, **Ngadi**.

Overnight stay at Holiday Trekkers Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 2

Trek from Bhulbhule (845 m / 2,815 ft.) to Jagat (1,300 m / 4,265 ft.)

Trek Distance 16km / 9.9miles Highest Altitude 1,300m / 4,265ft Trek Duration 5 hrs

You should consider day one as "easing in" to the trek, as there are real walking days ahead. Day two marks the **beginning of the actual trek** as you leave Ngadi after breakfast.

Bhulbhule → Bahundanda → Ghemru → Syangi → Jagat

Following the marked trail beside the Marsyangdi River, you pass small waterfalls, a hydropower station, and signs reading "Off Road Manang"/ "Trekking Trails Manang."

The trail continues through **Bahundanda** and **Ghemru** with corn fields and local people tending crops in their terraces in the morning sun. Here, you enjoy your lunch at **Syangi** with views of **twin waterfalls** before walking through more farmlands and rural settlements.

As you get near **Jagat**, the road tightens along steep cliffs above the rushing river below. Tonight, you stay in this **peaceful village** to rest, recover, and prepare for the days ahead.

Overnight stay at Tilicho Guest House (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 3

Trek from Jagat (1,300 m / 4,265 ft.) to Dharapani(1,860 m / 6,200 ft.)

Trek Distance 15km / 9.3miles Highest Altitude 1,860m / 6,200ft Trek Duration 5 hrs

The third day of the trek is full of beautiful views, lush greenery, suspension bridges, and adventurous rocky ledge paths.

Jagat → Chyamche → Tal → Kodo → Dharapani

After leaving Jagat, you pass a big **202-meter waterfall** before walking through single-track trails carved along a cone-shaped ridge and steep river drops towards **Chyamche**.

Descending into greener valleys filled with a large number of trees and farmland, you find a gate welcoming you to the **Manang district**. From here, you continue down towards the river and make your way to the **Tal village**.

Leaving behind Tal with a fulfilling lunch, you are out along the route that runs tightly between the river and the towering mountain ridges. The landscape opens into a farmland with barley, rice, and potatoes near **Kodo**, the largest village in Manang Valley.

The final stretch through rocky terrain and an uphill ascent to **Stone Kani** brings you to **Dharapani**. This major trail junction marks the official entry into the Manang region, offering a view of **Thonche village** across the river.

Overnight stay at Hotel Gorkha's inn (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 4

Trek from Dharapani (1,860 m / 6,200 ft.) to Chame (2,710 m /8,890 ft.)

Trek Distance 15.5km / 9.6miles Highest Altitude 2,610m / 8,890ft Trek Duration 6 hrs

The trail today enters dense pine, fir, oak, and maple forests as you follow a zig-zag track beside the **Marsyangdi River**. The trek is peaceful, with cattle grazing in open meadows and the sound of rushing water throughout the valley.

Dharapani → Danaqyu → Timang → Koto → Chame

You pass **Danaque**, a quiet hillside village with terraced fields and stone houses, before ascending toward **Timang**. From here, you can enjoy the stunning views of **Lamjung Himal, Annapurna II, and Annapurna IV.**

After Timang, you can see the clear **change in scenery**. The trail descends through pine forests, small waterfalls, and scattered villages, often following quieter needle-covered trails.

On the way, you stop at **Syarkhu** for **lunch** before reaching **Koto**, a small but important crossroad village. It sits at the river confluence, connected by a colorful bridge, where you complete the permit checkpoint.

The final stretch to **Chame** is gentle, taking you along a gravel trail and the main dirt road. This town is the district headquarters of Manang, which welcomes you with modern lodges, shops, and a natural hot spring where you can rest and recover.

Overnight stay at Four Season Guest House (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 5

Trek from Chame (2,710 m / 8,890 ft.) to Upper Pisang (3,300 m / 10,826 ft.)

Trek Distance 15.5 km/ 9.6miles Highest Altitude 3,300m/10,827ft Trek Duration 5 - 6 hrs

Today, our fifth day of trekking gets us even higher into the mountains up to **Upper Pisang.**

Chame → Bhratang → Dhukur Pokhari → Upper Pisang

After breakfast at Chame, you enter a steep, confined valley as the trail follows the Marsyangdi River through green fields and dense pine forests.

You reach **Bhratang**, a small village known for its apple farm, where you can try fresh apple juice before continuing. Soon after, you catch your first close view of the **massive Paungda Danda Rock**, a huge curved rock formation rising above the river.

You gradually ascend along forested trails until reaching Dhukur Pokhari for lunch. From here, you can enjoy the views of snow-capped peaks, including **Annapurna II to the south** and **Pisang Peak to the northeast.**

The landscape opens up as you descend into the **Manang Valley**, passing through Pisang village with stone houses and wooden buildings.

You finally reach **Upper Pisang**, a culturally rich village with an ancient monastery, Tibetan-influenced lifestyle, and wide panoramic views of Annapurna IV.

Overnight stay at Hotel Mandala (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 6

Trek from Pisang (3,300 m / 10,826 ft.) to Manang (3,540 m / 11,614 ft.)

Trek Distance 17km / 10.6miles Highest Altitude 3,540m / 11,300ft Trek Duration 5 - 6 hrs

Today's trek begins with a warm breakfast at Pisang before following the upper route through Geru (Ghyaru), Ngawal, and Barge.

Upper Pisang→ Ghyaru→ Ngawal → Barge → Manang

You pass mani walls and stone tablets before a challenging uphill trek to **Geru**, where wide mountain views begin to open up. From here, you can see the north faces of **Annapurna II, Annapurna III, Annapurna IV, Gangapurna, Tilicho Peak, and Pisang Peak.**

The trail continues on a steadier incline with views of the valley below and forest-covered slopes until you reach **Ngawal** for lunch. As you ascend to higher elevations, the air gradually becomes colder, drier, and harsher.

After lunch, the trail descends through forests toward **Braga**, the last village before Manang. Along the way, you can explore the region's Buddhist culture through roadside stupas and a visit to **Barge Monastery**, the largest monastery in Manang.

The trail continues past Buddhist shrines before reaching **Manang Bazaar**, where you can see yaks, mountain goats, and grazing horses on the surrounding hills.

Tonight, we stay at Himalayan Cottage in **Manang**, where you can enjoy comfortable rooms, a western toilet, hot showers, and laundry facilities before the higher-altitude days ahead.

Overnight stay at Himalaya Cottage (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 7

Rest and Acclimatization day at Manang (3,540 m / 11,614 ft.)

It's been a week on the trail, and today is your **acclimatization day in Manang** to help the body **adjust to the higher altitude**. Here, we follow the "**Hike high, sleep low**" approach, exploring **Manang Village**, surrounded by rugged mountains and alpine scenery.

We do not just rest; instead, we go for an **optional short hike** around Manang. These side trips include **Gangapurna Glacier Lake, Milerapa Cave, or Chongkor Viewpoint**, all offering wide views of the valley and surrounding peaks.

For a longer option, you can take a 6 –7 hour return **hike to Ice Lake (Kicho Tal)**, with panoramic views of **Annapurna III, Tilicho Peak, Pisang Peak, and Chulu Peak.**

After the hike, we return to Manang and spend time **resting, exploring cafés, bakeries, and small shops.** Here, you can buy gear, winter essentials, and stock up on basic supplies and snacks for the next few days of the trek.

If needed, you may also visit the **Himalayan Rescue Association in Vraja village** for an AMS briefing, blood level check, and guidance on altitude sickness prevention or medication like Diamox.

Overnight stay at Himalaya Cottage (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 8

Trek from Manang (3,540 m / 11,614 ft.) to Ledar (4,210 m / 13,812 ft.)

Trek Distance 9.1 km / 5.65 miles Highest Altitude 4,250 m/13,9434 ft
Trek Duration 4 - 5 hours

Our eighth day on the Annapurna Circuit is one of the shortest trekking days, as we gradually gain elevation moving towards Ledar.

Manang → Tenki → Ghunsang → Yak Kharkha → Ledar

Leaving Manang, you cross a stream and ascend towards **Tenki village** through the juniper forests. From here, the trail follows the **Marsyangdi Valley** northwest toward the **Jar Sang Khola Valley.**

The route gradually steepens with a challenging elevation gain of 400 meters until you reach **Ghunsang**. It is a small village known for its traditional flat mud-roofed houses, where you can enjoy views of the surrounding mountains and the winding river below.

Along the trail, you may spot **eagles soaring** above the sharp ridges and occasional **alpine rodents** roaming along the rocky terrain.

You can observe that the trails are connected by road, but **vehicles are prohibited** in this conservation area. The narrow trail includes frequent ups and downs, and you may need to step aside for passing yaks and mules.

After crossing a **small wooden bridge**, you reach the peaceful grassland of **Yak Kharkha**, where you stop for lunch and a short rest. During the trek, you often see **yaks grazing** in alpine pastures, along with **mule trains and horses carrying supplies** through the valley.

From **Yak Kharkha**, you cross a **long suspension bridge** and continue toward the quiet hamlet of Ledar, your overnight stop for today.

Overnight stay at Dhading Laxmi Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 9

Trek from Ledar (4,210 m / 13,812 ft.) to Thorong High Camp (4,925 m/16,158 ft.)

Trek Distance 7.3km /4.53 miles Highest Altitude 4,925m/16,158 ft Trek Duration 4-5 hrs

Leaving Ledar behind on our tenth day of Annapurna Circuit, we continue along confined alpine trails with steady elevation gain toward Thorong Phedi, the final stop before the pass.

Ledar → Thorong Phedi → Thorong High Camp

The landscape becomes drier and rougher as vegetation slowly disappears into rocky terrain and steep mountain slopes. As you move ahead, you cross through the wooden bridges, some landslide-prone sections, and loose rocky routes.

The uninhabited, challenging mountain terrain indicates that you are approaching **Thorong Phedi**. You often see yak herds, mule caravans, and blue sheep grazing along the mountain corridor.

With a fulfilling lunch and a rest, you begin the steep uphill trek to **Thorong High Camp**. This uphill trek is short but physically demanding due to the thin air and increasing altitude.

Tonight, we stay at High Camp and prepare for the early morning crossing of **Thorong La Pass the next day.**

Thorong La High Camp Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 10

Trek from Thorong High Camp (4,925 m / 16,158 ft.) to Muktinath Temple (3,760 m / 12,623 ft.) via Thorong La High Pass (5,416 m / 17,756 ft.)

Trek Distance 15.6km / 9.6miles Highest Altitude 5,416m /17,756ft Trek Duration 9 hrs

Today is the **toughest yet most rewarding day** of the trek as you make an **early 3 AM ascent** from **High Camp** toward **Thorong La Pass.** The trail moves upward through icy air and snow-covered sections. It can be slippery, where your pace naturally slows.

Thorong High Camp → Thorong La Pass → Muktinath

As you approach the pass, prayer flags come into view, marking your entry point at one of the highest navigable passes in the world. At the top, you stand surrounded by **Annapurna Massif, Dhaulagiri,** and the **Chulu ranges**, on one side, with views stretching toward Tibet on the other.

You can click many pictures and videos while enjoying hot drinks or snacks at a small teahouse near the pass. Now, you begin the long descent toward **Muktinath**.

It is the longest steep downhill trek, zig-zagging through snow, mud, or loose gravel, making it demanding on the knees.

The landscape gradually shifts into dry, red-hued mountains and small villages as you approach the sacred pilgrimage site of Muktinath, locally known as **Ranipauwa**.

The Buddhists called it **Chumig Gyatsa** in Tibetan ("Hundred Waters"), a holy place for both Buddhists and Hindus. Here, you can see the 108 water spouts and the eternal flame that has been burning for centuries.

We stay at the teahouse tonight, enjoying warm food and exploring the town. You can explore the streets with **Buddhist monasteries** and Hindu shrines surrounded by pilgrims, prayer flags, and small market flower stalls.

Overnight stay at Hotel Town House Muktinath (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 11

Drive from Muktinath to Tatopani (1,200 m / 3,937 ft.) through Jomsom (2,720 m / 8,924 ft.)

Trek Distance (71km /44.55miles) Highest Altitude 3,760m / 12,623ft Drive duration 3-4 hrs

We wake up early in the morning and head toward the **Muktinath Temple** before beginning our downhill journey by **local bus to Tatopani.**

Muktinath → Kagbeni → Jomsom → Tatopani

The landscape becomes more arid and desert-like, but with some specks of green vegetation as we move towards **Kagbeni**. You can see a glimpse of Upper Mustang while visiting **Kag Chode Thupten Samphel Ling Monastery** and a **school** for young Buddhist monks.

Following an old monastery with colorful frescoes, ceremonial masks, and artefacts, you walk through maze-like alleyways lined with stone houses and small archways.

From here, we set off along the dry hills, dusty riverbed, unpaved roads, and windy sections toward **Jomsom**. Here, you can enjoy **picturesque apple orchards.**

The road becomes bumpier as you pass through deep river valleys on the way to **Tatopani**, known for its **natural hot springs.**

We stop at this village, soaking in warm waters and relaxing after the long journey. It is believed to have **healing properties for tired muscles and skin conditions.**

Overnight stay at Hotel Himalaya (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 12

Trek from Tatopani (1,200 m / 3,940 ft.) to Ghorepani (2,860 m / 9,385 ft.)

Trek Distance 17km / 10.5miles Highest Altitude 2,860m / 9,385ft Trek Duration 6-7 hrs

Today is Day 12 of the Annapurna Circuit Trek and one of the longest and toughest trekking days. You begin your journey after breakfast with a **steady uphill** trek through **Thakali villages** such as **Sikha** and **Chitre** toward Ghorepani.

Tatopani → Ghara → Shikha → Chitre → Ghorepani

Leaving the natural hot springs of Tatopani, you cross the eastern side of the Kali Gandaki River and follow the dirt road along the hillside. You pass through **Ghara**, a bustling village where houses are built into steep slopes.

As you continue, the trail opens up to views of snow peaks and wide valleys. A major uphill section awaits you before reaching **Shikha**, where you cross a **checkpoint** and stop for a warm **Thakali lunch** to fuel for the second half of the day.

From here, all you need is to hike upward through the **continuous stone stairs** to Ghorepani. Along the route, you pass through farmlands and dense forests filled with **rhododendron, birch, and magnolia trees.**

You pass **Chitre** with sweeping views of the **Annapurna and Dhaulagiri ranges** before making your way to the final stop of the day.

Ghorepani is a beautiful hilltop village known for its **Pun- Magar culture**. It is your overnight stay to rest after your long trekking and prepare for the sunrise hike the next morning.

Overnight stay at Hotel Snow Land (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 13

Early-morning hike to PoonHill (3,210 m / 10,531 ft.). Trek to Ulleri (2,050 m / 6,725 ft.). Drive to Pokhara (1,070 m / 3,510 ft.)

Trek Distance 10km / 6.2miles Highest Altitude (3,210m / 10,525ft) Trek Duration 3-4 hrs
Drive duration 2 hrs

Today marks the **final day of trekking section** on the Annapurna Circuit, combining an early morning hike to Poon Hill, a trek to Tikhedhunga, and a drive back to Pokhara.

Ghorepani → Poonhill → Ghorepani → Tikhedhunga → Pokhara

The day begins **before 4 AM** with an early **morning hike to Poon Hill**, one of Nepal's most famous sunrise viewpoints. From the viewpoint tower, you can enjoy close views of the **Annapurna and Dhaulagiri ranges**, including the **iconic Machhapuchhre peak (Fishtail)**.

As the first light reaches the mountains, the snow-covered peaks slowly glow under the sunrise, making Poon Hill one of the **most favoured photography spots** in the region. After enjoying the scenery and taking photographs, you return to **Ghorepani** for breakfast.

The trail passes through forests and stone staircases before reaching **Ulleri**, a scenic traditional village known for its stone-paved trails.

We take a bus along the rough and dusty roads via **Tikhedhunga** to reach **Nayapul**. From here, we head towards our hotel for rest.

You may have time to explore the **Lakeside area** and **relax in Pokhara** before attending a **farewell gathering** in the evening.

Overnight stay at Hotel Silver Oaks Inn (room with attached bathroom)
Included standard meals (Breakfast + Lunch)

DAY 14

Drive from Pokhara (820 m / 2,690 ft.) to Kathmandu (1,320 m / 4,330 ft.)

Drive duration 7-8hrs

Today is the 14th day, which brings the completion of your Annapurna Circuit journey.

Pokhara → Kathmandu

After breakfast at the hotel in Pokhara, we board **a tourist bus** and begin the drive back to **Kathmandu**, saying a final goodbye to the lakeside city.

The journey follows the **Marsyangdi and Trishuli Rivers**, passing hills, river valleys, riverside fields, and roadside houses along the way.

As the road winds through the countryside, you reflect on the journey you've completed: steep or narrow pathways, snow-capped peaks, high passes, forests, rare wildlife, and remote villages.

By evening, you arrive in **Kathmandu**, where your trekking journey officially comes to an end.

Excluded from the package
Included standard meal (Breakfast)

What is included in this trek package?

Transportation

- Kathmandu to Bhulbhule (trek start point) by local bus
- Local transport from Muktinath to Tatopani
- Private transport from Ulleri (trek end point) to Pokhara
- Pokhara to Kathmandu on a tourist bus
- Private pickup and drop-off between Tribhuvan International Airport and your hotel

Accommodations

- 1-night accommodation with attached bathroom in Pokhara at Hotel Silver Oaks Inn
- 9 nights teahouse accommodation with attached bathrooms in Jagat, Dharapani, Chame, Pisang, Manang (2 nights), Muktinath, Tatopani, and Ghorepani
- 3 nights standard twin-sharing accommodation in Bhulbhule, Ledar, and Thorong Phedi/High Camp

Food

- Full-board meals during the trek: 14 breakfasts, 13 lunches, and 13 dinners with one main course per meal
- Seasonal fresh fruits every day

Guide and Porter

- Government-licensed English-speaking experienced trek guide (leader)
- Assistant trekking guide for groups of 5 or more trekkers
- Porter service (1 porter for every 2 trekkers with a combined luggage limit of 18 kg, i.e. (9 kg per trekker)
- All guide and porter expenses: meals, accommodation, insurance, salary, transportation, and trekking equipment

Trek Permits and Expenses

- Annapurna Conservation Area Permit (ACAP)
- All government/local taxes and official service charges

Medical Assistance

- Basic first aid kit with an oximeter to monitor oxygen saturation levels in high altitudes
- Emergency rescue operation arrangement in case of complicated health conditions (covered by your travel insurance)

Souvenir

- A T-shirt and a cap printed with the company logo and name
- A digital trek completion certificate on your WhatsApp/email after the successful trek

Farewell

- Farewell gathering in Pokhara/Kathmandu at the end of the trek

Benefits

- One used sleeping bag and down jacket per trekker (to be returned after the trek)
- One shared non-waterproof duffel bag for every two trekkers (if you don't have one)
- Complimentary pre-trek briefing.
- Private trekking with your own guide (no mixed groups).
- Free luggage storage at the Discovery World Trekking office during the trek.

What is excluded in this trek package?

International Flight

- International flight costs

Accommodations

- Accommodation in Kathmandu before and after the trek
- Extra hotel nights in Kathmandu or Pokhara due to early arrival, late departure, or early return from the trek

Food

- Lunch and dinner in Pokhara
- Meals in Kathmandu before and after the trek
- Extra night meals due to early return or arrival, or early departure from the trek

Guide and Porter

- Tips for guides and porters (recommended)

Visa

- Nepal entry visa fees required on arrival at Tribhuvan International Airport- USD50 for 30-day stay.

Travel Insurance

- Personal travel insurance covering high-altitude trekking, helicopter rescue, and emergency medical evacuation

Personal Expenses

- Personal expenses - shopping, snacks, hot (tea, coffee) and cold drinks, bar bills, bottle or boiled water, shower, Wi-Fi, laundry, telephone call, battery recharge costs, extra porters, etc
- Personal clothing and gear

Other Expenses

- Excess baggage charges (limit is 9kg per Person)
- Additional costs or delays caused by circumstances beyond our control like landslides, bad weather conditions, itinerary modification due to safety concerns, illness, change of government policy, strikes, mass movements, etc
- All the costs and expenses not listed in - "What is included in this trek package?" above.

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Annapurna Circuit Packing List

Weather in the Annapurna region can change quickly, especially at higher elevations near Manang and Thorong La Pass.

We recommend packing light (**9 kg main luggage and 5 kg backpack**) with essential layers and trekking gear needed for cold mornings, strong sunlight, and changing mountain weather. **One porter is assigned for every two trekkers**, with a **combined luggage limit of 18 kg**.

Here is a complete packing list of essential clothing, gear, and personal items to consider packing for the trek.

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter
- UV-protection sunglasses
- High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear
- Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover
- Adjustable and lightweight trekking poles (preferably collapsible)
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper
- Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Medications

- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book
- Binoculars
- Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide a used duffle bag (non-waterproof), down jacket, and sleeping bag if you don't have your own

Annapurna Circuit Trek Map



Trip Notes

Airport Pickup and Welcome in Kathmandu

Your adventure begins the moment you touch down at Tribhuvan International Airport, Kathmandu. Upon landing, our **representative will be waiting for you** outside the arrival area **with a placard with your name**.

You will be greeted with a **traditional Khada scarf** or a **fresh marigold garland** as a warm Nepali welcome.

Hotel Transfer and Accommodation in Kathmandu

From the airport, we will **transfer you to your hotel in a private vehicle**. If you haven't booked a hotel, we recommend staying in the Thamel Area, a popular hub for trekkers.

While **accommodation is not included in the package**, we can arrange a comfortable tourist-standard hotel that fits your budget.

You will generally **spend two nights in Kathmandu**:

- One before the trek for preparation
- One after your return

How Early Should You Arrive Before the Trek?

We highly recommend **arriving at least one day before you depart** for the Annapurna Circuit trek. Arriving in Kathmandu **before 3 PM** gives you enough time to adjust to the new environment and avoid delays from international travel.

Arriving early, you can

- Have time to physically rest and mentally prepare before starting the trek.
- Settle the remaining 90% of the trek cost at our office in cash or using other accepted payment methods.
- Do final preparation by reviewing your clothing and essential items needed for the trek.

Briefing before heading out

Before beginning the trek to the Annapurna Circuit, Paul, the head of our company, will conduct a **detailed briefing** of our trip.

He will:

- Give a short review of the trekking route, altitude gain, walking hours, and safety guidelines.
- Familiarize you with your guides, porter, and the support team.
- Perform a last-minute check of the final equipment and gears.
- Clarify your expectations, and give you confidence for your trek ahead.

Departure to Bhulbhule for Trek

You will start your trek with a **local bus ride from Kathmandu to Bhulbhule**, the gateway to the Annapurna Circuit. As the route transitions from urban roads to hillside highways, you will pass along the Trishuli River towards Besisahar, then to Bhulbhule.

We recommend choosing a private jeep for a comfortable and faster journey. It costs around $170 USD in total to reserve this vehicle and is a practical option for a safer, less tiring journey.

This scenic drive marks the start of your adventure as you enter the lower Himalayan region of Lamjung.

Where Will You Stay During the Annapurna Circuit Trek?

Locally run tea houses along the Annapurna Circuit provide essential lodging and meals for trekkers. Staying in these lodges, you will experience local villagers' hospitality in remote mountain settings.

Lodge and Hotel Types on the Route

Lodges throughout the Annapurna Circuit vary with location and altitude. In lower regions, they offer better facilities with modern infrastructure. As you ascend, the teahouses become simpler, yet they **provide you with a safe and cozy retreat**.

Our package covers 13 nights of accommodation.

- 1 night at Hotel Silver Oaks Inn, Pokhara.
- 2 nights with an attached bathroom at Manang.
- 3 nights in **standard twin-sharing rooms** at Bhulbhule, Yak Kharkha, and Thorong Phedi.
- 7 nights with a **private attached bathroom** at Jagat, Dharapani, Chame, Pisang, Muktinath, Tatopani, and Ghorepani.

Room Facilities and Amenities

Rooms in tree houses are generally compact with **basic bedding**, including mattresses, pillows, and blankets. We recommend you to bring warm clothes and use a sleeping bag as the bedroom lacks heating.

As altitude increases, shared squat toilets become common in most teahouses, and **hot showers are available as a paid bucket shower**.

- For a hot shower, expect to pay **$2-$5 USD**.

At higher elevations, water may freeze. So bring toilet paper and hand sanitizers.

Electricity is available in many places, but you often have to pay an additional fee to charge your gadgets. You could find a **2-pin plug in your room**, or it can be limited to the dining hall in higher camps.

- For power sockets, the pay ranges from **$2 to $5 USD** per use.

Note: *It is best to carry a power bank or extra batteries for your devices.*

You could find Wi-Fi in selected locations, but connectivity can be inconsistent. As you move higher, it may not be available at all.

Facilities	Lower Altitude Villages (Dharapani, Chame)	Intermediate Altitude Villages (Manang)	Higher Altitude Areas (Thorong Phedi, Yak Kharkha)
Bedding	Standard (Mattress, Pillow, Blanket)	Standard, better insulation	Basic bedding, wooden walls, and a sleeping bag
Toilets	Attached, Western-Style Flush	Shared, Western-Style Flush	Shared, Squat Style
Hot Showers	Common (extra cost)	Gas/Solar heated (extra cost)	Bucket Shower (extra cost, limited)
Charging	Sockets in rooms (extra cost)	Sockets in rooms/ dining hall (extra cost)	Dining Hall Only (extra cost)
Wi-Fi	Available with consistent connectivity	Available but slow speed	Rare or unavailable
Water	Bottled/tap	Bottled/tap	Boiled or filtered (paid)

What Foods and Drinks Can You Expect During the Trek?

You will have simple teahouse meals featuring **a mix of local Nepali and Tibetan dishes**, along with some international dishes. Food is freshly cooked and served hot. The staple option is Dal Bhat Tarkari (rice, lentils, local vegetables) that is most common throughout the trail.

You can also enjoy yummy apple pie in small bakeries in lower areas like Manang and Jomsom.

Food options will decrease as you ascend.

Daily Meal Schedule (Breakfast, Lunch, Dinner)

You have to follow a fixed daily eating routine during the trek. Our package includes **14 breakfasts**, **13 lunches**, and **13 dinners** as standard full-board meals. It includes **one main course (item) per meal**, and any extra items or additional servings are charged separately.

Breakfast is served at your overnight teahouse and is light enough to start your trekking day.

Lunch is taken along the trail at a rest stop or nearby lodge. This is a full meal you need to continue walking comfortably.

You will have dinner at the same teahouse where you stay overnight. It is similar to lunch but is often the main meal of the day. This meal helps you rest well, heal your body, and prepare for the next day.

Food options for daily meals:

Breakfast Morning (7 – 8 AM)

- Eggs (fried/boiled)

- Porridge
- Tibetan bread
- Pancakes
- Tea/Coffee

Lunch Midday (12 – 1 PM)

- Dal Bhat Tarkari
- Fried Rice
- Chowmein
- Soups
- Apple Pie
- Thukpa
- Mo:Mo

Dinner Evening at (6 – 7 PM)

- Nepali Dal Bhat
- Noodles
- Vegetable soups
- Fried Rice
- Momo

Recommended Foods and Drinks

Energy-rich foods and hydration are two key factors to consider during this trek to the Annapurna Circuit. Choosing the right meal as a fuel is vital for reaching Thorong La. You have to **focus on high-carbohydrate meals** that provide sustained energy.

Drinks you should go for are usually hot, such as tea, coffee, and purified/boiled water. You need to **drink plenty of fluids**, including garlic soup, green tea and ginger tea.

You must **stick to the safe water sources** on the trek. Avoid untreated water from rivers, streams, and taps.

In this Annapurna Circuit route, mineral water is available in most places, and you can purchase it easily. If it is not available, then teahouses offer **boiled or filtered water** at an additional charge. We suggest you **use purification tablets** even in boiled water before drinking.

- **For Energy:** Dal Bhat is a suggested (freshly made) meal for trekkers with free refills.
- **For Altitude:** Garlic soup is a locally believed food that helps with acclimatization.
- **For Hydration:** Sip 3-4 litres of water daily to prevent dehydration. Use SteriPen or water purifying drops and wait for 30 minutes before drinking.

Carry snacks for the extra energy you need while walking.

- **Nuts and dried fruits:** quick energy

- **Energy bars:** easy calories on the go
- **Chocolate:** fast boost during long walks

Note: *Hot (tea/coffee), cold beverages, and snacks are not included in your package. You can purchase them separately from teahouses or any stop along the trail.*

Dietary Restrictions and Allergy

Vegetarian food is mostly common in Nepal, so you can find **plenty of fresh meat-free options** like Dal Bhat and vegetable soup in treehouses.

Before starting the Annapurna Circuit Trek, you should share any dietary requirements with us. Your guide will communicate with the teahouses so your meals can be prepared according to your needs.

Do you prefer any diet?

We generally suggest a **vegetarian diet during the trek**, as it is easier to digest at altitude and is consistently available throughout the route.

Most places can accommodate your basic preferences if you inform them in advance.

Diet Type	Food Options You Get	What to consider?
Vegetarian	Daal Bhat, Vegetable Curry, Soups, Noodles, Fried Rice, Momos, Soup	Most reliable and highly available across lodges.
Vegan	Vegetable dishes, Rice, lentils, Noodles without dairy or eggs	Diet is manageable with a request for meals with no butter, milk, ghee, or cheese (dairy-free).
Gluten Free	Rice-based meals like daal bhat and fried rice with vegetables, buckwheat pancakes	Difficult to manage. You have limited options, so carry backup snacks.
Lactose Intolerant	Black tea, Plain Rice, Soups, Daal Bhat, Vegetables	It is manageable by avoiding milk, cheese, butter, and creamy dishes

Are you aware of your food allergies?

If you have any food allergies, you must **inform your guide beforehand** so he can notify the teahouse kitchen. Cross-contamination is common in small, shared kitchens. So, carrying your **own medication** and **emergency snacks** is best for safety.

If you are aware of your allergies, then

- Clearly specify allergens such as pollen, nuts, dairy, gluten, etc.
- Communicate your allergies to the guide.
- Always ask about ingredients while ordering any food.
- Carry your prescribed medication if you have severe allergies.
- Keep emergency medication, such as an EpiPen (if required), in an accessible place.

What not to eat?

You should avoid food that may affect your health at altitude or may come with hygiene risks. Usually, we recommend **avoiding meat** for hygiene reasons along with **alcohol**, **caffeine**, **dairy products**, and **hot chocolate**. Freshly cooked vegetarian meals served at teahouses are the safest and most reliable option along the route.

- Avoid meat at high altitude due to storage and freshness concerns.
- Don’t eat raw salad or cold foods, as they may carry contamination risks.
- Stick to boiled or purified water, as untreated water may contain bacteria.
- Limit alcohol consumption, as it can affect hydration and acclimatization.
- Skip heavy, oily/spicy foods, as they are difficult to digest at elevation.

Luggage and Packing Guidelines for Annapurna Circuit Trek

Packing plays an important role as you are walking for several days. For the Annapurna circuit trek, we will handle your main baggage separately so you can walk with minimal weight.

You should organize your gear and clothing in a **duffel bag/backpack**, while keeping only daily essentials in a small daypack.

You will be **assigned a shared porter** to handle your trekking backpack. If required, we can provide a reused, non-waterproof duffel bag or a rucksack for packing your belongings.

Porter Weight Limit and Shared Luggage

Each porter supports **two trekkers** and carries a combined load up to **18 kg max**. It means the weight is shared between **two trekker’s main bags**, and stored in a **single duffel bag** of a capacity of **60 or 70 litres**. So, your individual luggage should weigh no more than **9 kg**.

We can provide you with a used duffel bag if you don't have one.

Your porter will transport the main luggage. You should carry a light backpack with your daily needs and other personal items.

Recommended Packing Tips and Storage Options

Pack your clothing in layers to adjust to changing temperatures during the route. Essentials such as a water bottle, snacks, toilet paper, caps, a charger, and personal items can be kept in your shoulder bag (bag pack).

Here are some packing tips before heading out for the Annapurna Circuit trek:

- Carry quick-dry trekking clothes for comfort and easy maintenance.
- Keep warm layers such as fleece and a down jacket for higher altitudes.
- Include a water bottle for daily hydration.
- Bring snacks or energy bars for quick energy on the trail.
- Manage personal medication and basic first-aid items in your daypack.
- Pack sunscreen, lip balm, a cap, and sunglasses for sun protection.

- Store extra clothes and non-essential items in your main duffel bag.
- Leave unnecessary luggage in Kathmandu.

Before the trip, **divide your belongings into two bags**: one for **trekking essentials** and another for **extra clothes or items**. You can **leave your luggage with extra items securely in Kathmandu**, either at your hotel or at our office.

What are the Travel Requirements for the Annapurna Circuit Trek?

For every trek, you must **prepare essential travel documents and permits in advance**. These are required at multiple checkpoints along the path to ensure safety and legal access to the region.

For smooth entry into Nepal and uninterrupted movement along the Annapurna region, you should carry:

- A Valid Passport
- A Nepal Tourist Visa
- Trekking Permits
- Travel Insurance covering high-altitude trekking

You should **carry both printed and digital copies of all documents**, as they may be checked at different checkpoints.

Visa Information

In Nepal, a tourist visa is necessary for all international travellers, excluding those from India. You have two options for obtaining a visa: **a visa on arrival** or an **advance online visa** through the Nepal Embassy.

Upon arrival, you will be required to fill out the visa application at Tribhuvan International Airport in Kathmandu.

Tip: *Keep in mind that the visa process at the airport may take longer due to immigration counter queues.*

A **30-day visa is recommended**, as it **covers buffer days** before and after the trek. It will cost **$50 USD**. For processing, your passport must be **valid for at least 6 months**, and you may need a passport-size photo.

The on-arrival process is straightforward and commonly used by trekkers. Please check Nepal Immigration to confirm whether you will receive a visa on arrival.

Mandatory Travel Insurance Coverage

Our journey to the Annapurna Circuit passes through the remote terrain and high-altitude conditions. As we travel for long days, **travel insurance is a must.** In case of serious injury or illness, emergency evacuation is often the only option, and it can be expensive without coverage.

Insurance must include:

- High-altitude trekking coverage (above 5,000 m)
- Emergency Helicopter Evacuation
- Medical treatment and Health care
- Hospitalization Expense

Additional coverages such as trip delays, lost baggage, and cancellation are recommended but not mandatory.

Note: *Remember to call your insurer to ensure that your policy includes these provisions.*

Annapurna Circuit Trek Permits

To pass the Annapurna Circuit legally, you must obtain the **Annapurna Conservation Area Permit (ACAP)**. This **permit is mandatory for all foreign nationals** and is strictly checked at various entry points.

The other permit, the Trekkers' Information Management System (TIMS) card, is no longer required while trekking with a licensed guide.

Annapurna Conservation Area Permit (ACAP)

It is the entry pass to the Annapurna region. The fees collected here support wildlife protection, nature conservation, and local community development.

- **Cost:** NPR 3,000 (approx. $25 USD) for foreign trekkers, NPR 1,000 for SAARC nationals.
- **Validity:** One-time entry permit that remains valid for the full trekking period.
- **Documents required:** A photocopy of your passport and a passport-size photo.
- **Where to obtain:** Nepal Tourism Board offices in Kathmandu (Bhrikutimandap) or Pokhara.

The **original physical copy of your permits is required**, as checkpoints are stationed along the trail to verify your entry. You can expect checks at Bhulbhule (the main entry point), Dharapani, Chame, and Manang.

Important Notes:

- Solo trekking without a guide is restricted. Only the ACAP is required for travel with a licensed agency.
- Do not attempt to trek without a permit. Authorities will fine you or turn you back at checkpoints.
- Permits and passports are stored in a waterproof pouch to protect them from rain or snow.
- Permits are non-transferable and non-refundable, so ensure your travel dates are confirmed.

We arrange all necessary permits for you as part of your trekking package. We ensure all documentation is correct so you can focus on enjoying the trek.

How Much Money Should You Bring for Personal Expenses?

Although our Annapurna Circuit package covers most costs, it is important to **carry extra cash for personal expenses**.

These include snacks, drinking water, charging devices, Wi-Fi, and other small purchases. You may also want to allocate a budget for tips for guides and porters at the end of the trek.

Carry sufficient Nepalese Rupees in cash, as card payments are unreliable in remote areas. Most teahouses operate on a cash-only basis.

A daily budget of **NPR 3,000–5,000 (approximately $20-$40 USD)** is a practical estimate, though it depends on your spending habits. Costs tend to increase at higher altitudes due to transportation difficulties and limited supply. It is advisable to carry extra as a backup.

Currency Exchange in Nepal

You can easily find currency exchange services in Kathmandu, practically in tourist areas like Thamel. The local currency is the **Nepalese Rupee (NPR)**, so you need to exchange your money before the trek.

Major currencies such as USD, EUR, and GBP are widely accepted at authorized exchange counters. Exchange rates may vary slightly, so it's recommended to compare a few providers.

Note: *1 USD = 149.17 NPR. For up-to-date exchange rates, refer to the Foreign Exchange Rate, which is updated daily.*

ATMs

You can find many ATMs in Kathmandu and Pokhara, starting at the airport. However, they are not reliable along the trekking route. Some areas, such as Besisahar and Chame, may have limited ATM access, but you cannot fully rely on that.

It is advisable to withdraw enough cash before starting the trek due to:

- No ATM in higher-altitude regions
- ATMs may have withdrawal limits
- Possible international transaction fees
- Power outage and network issues may affect ATM usage

Best Time to Trek in the Annapurna Circuit

You can trek the Annapurna Circuit year-round, but the quality of your experience depends on the season you choose. Weather, visibility, and trail conditions vary significantly across different months, so selecting the right time improves both safety and enjoyment.

The best time to trek the Annapurna Circuit is during **spring (March–May)** and **autumn (September–November)**. You can go through the Annapurna Region Travel Guide for more information.

Autumn the most popular and reliable season. During this period, you will experience stable weather, clear skies, and excellent visibility of the Himalayan peaks.

You will cross the dry trails, which makes your long walking days more comfortable. It is especially ideal for crossing high passes like Thorong La Pass due to stable weather.

Spring is another favourable season in the Annapurna Circuit, in which March is the most remarkable month.

You will walk through blooming rhododendron forests and green landscapes. Temperatures are moderate at mid-altitudes, but higher sections remain cold. While lower regions may have slight haze, you can see that the mountain views are still impressive.

Winter (December to February) brings cold temperatures, especially above 3,000 meters. Snow may block places and trails in the higher section. The temperature may drop to -10°C. Snow may block certain sections, and you need proper gear to handle freezing conditions.

Summer/monsoon (June–August) is the least preferred season due to heavy rainfall, slippery trails, and possible landslides in lower regions. Visibility is also limited.

Season	Months	What do you experience?	Recommendation
Autumn	Sep - Nov	Clear skies, dry trails, stable weather, excellent mountain views, moderate crowds	Highly recommended, best time to travel
Spring	Mar - May	Mild temperature, blooming forests, scenic view, stable weather, Busy trails	Highly recommended
Winter	Dec - Feb	Cold temperature, snow at higher elevations, clear but freezing environment, quieter	Challenging, preferred for experienced trekkers
Summer	Jun - Aug	Heavy rain, slippery trails, low visibility, possible landslides, high temperature, and least crowded	Least preferred

Typical Day on the Annapurna Circuit Trek

Your daily routine follows a simple and structured flow. A typical day starts with breakfast around 7-8 AM and ends with dinner around 6-7 PM. A day is dedicated to acclimatization, where you can relax, explore cultural villages, or enjoy mountain views.

Morning (7:00 AM – 12:00 PM)

In the morning, you may wake up with a sunrise over the mountain peak. Your breakfast will be ready around 7 AM.

After breakfast, pack a small daypack with water, snacks, and essentials. You will continue for 3–4 hours through forests, fields, and villages, with stops to admire peaks and cultural sites.

Lunch (12:00 PM – 1:00 PM)

In the afternoon, you pause your trek at a teahouse near the route. You can rest and refuel with a fulfilling lunch while enjoying the mountain scenery.

Afternoon (1:00 PM – 4:00 PM)

After lunch, you continue to walk for 2–3 hours, passing through high-altitude landscapes and local wildlife. The path leads towards the lodge where you will spend the night.

Evening (4:00 PM – 7:00 PM)

When reaching the lodge, it is time to relax, explore, and watch the sunset. Dinner is served at 7 PM at the dining area of the teahouses.

The dinner is followed by a briefing with a guide for the next day. You can also get time to explore the location, play games, or immerse yourself in the local culture. We recommend an early sleep.

Annapurna Circuit Trek Difficulty

The Annapurna Circuit Trekking is generally considered a **moderate to challenging route**, with difficulty increasing gradually as altitude rises. The lower sections are relatively comfortable, while the higher sections require more effort due to thin air and reduced oxygen levels.

Curious why this trek is challenging? Check the Annapurna Circuit Trek Difficulty to understand what lies ahead and prepare yourself.

Route Elevation and Terrain

The Annapurna Circuit route lies **within the Annapurna Conservation Area**, covering a wide range from lush valleys to high-altitude desert landscapes. The journey transitions through multiple climate zones, so you may experience changes in temperature, vegetation and trail conditions.

We practice the gradual elevation of Annapurna Circuit as:

- **Starting Point:** ~ 800 – 1,000 meters
- **Mid-altitude zones:** 2,000 – 3,500 meters
- **High-altitude sections:** 3,500 – 5,426 meters
- **Highest Point:** Thorong La Pass (~ 5,416 meters)

The trek **begins in the warm plains** of the Marsyangdi Valley. The path passes through rice terraces, subtropical forests, and traditional villages connected by stone-paved paths and suspension bridges.

Walking is relatively easier in these lower sections, with gradual ascents and well-defined trails.

As the path leads to **mid-altitude zones**, you enter into a mix of forested sections, mountain ridges, and rocky trails. Steeper slopes begin to appear, and the trails feel more rugged and less predictable. The environment turns drier and colder as you approach areas like Manang.

In **higher elevations above 3,500 meters**, you move across the dry, alpine-like landscape. The path winds through a desert-like setting with less vegetation, loose gravel, and rocky, slippery roads. Strong winds can make you slow, requiring better balance, stamina, and steady pacing.

After **crossing Thorong La Pass**, the route descends sharply into the rain-shadow region of Lower Mustang. The altitude drops toward places like Jomsom and Nayapul, ranging **between 800 and 2,700 meters**.

Overall, the trek involves an elevation gain and loss of over 5,000 meters, which is why gradual ascent and acclimatization are essential.

Key Pass

Thorong La Pass is the only major pass on the Annapurna Circuit route. It is the most critical and challenging point of the trek.

Things to Consider:

- Height is 5,416 meters
- Connects two beautiful villages, Manang and Mustang (Muktinath Temple)
- Requires an early morning start (usually before sunrise)
- Involves a long uphill walk followed by a steep descent
- Strong winds and unstable weather conditions
- Physically demanding during ascents due to altitude
- Slower descent as legs are exhausted after a long uphill effort

Trek Difficulty Level and Acclimatization Tips

The Annapurna Circuit is best described as:

Moderate → Physically Demanding (depending on altitude and pace)

It does not require technical skills, but you should have:

- Good physical endurance/fitness
- Mental Patience
- Proper Planning
- Awareness of altitude affects

This route includes multiple days of consecutive trekking across diverse terrain and elevation zones. The trek is challenging and demands stamina due to long walking hours each day, altitude gain, and remote conditions.

The overall challenge comes from:

- Continuous trekking for 5 – 8 hours per day
- Gradual but consistent elevation gain
- Changing weather conditions in different regions
- High altitude conditions above 3,000 meters

- Thin and dry air with steeped path

How to Acclimatize Effectively?

Acclimatization is the process by which your body adjusts to lower oxygen levels at higher altitudes.

As you gain height on the Annapurna Circuit trek, the air becomes thinner, affecting breathing, energy level, and overall performance. Proper acclimatization helps reduce the risk of altitude sickness.

It is one of the key factors for safely crossing high points like Thorong La Pass.

You can follow these acclimatization tips to better adjust to altitude during the trek.

- **Ascend Gradually**

Move at a steady pace and avoid gaining too much elevation in a single day. A slower altitude growth gives your body time to adapt and reduce physical stress.

- **Plan an acclimatization day**

A rest day to adapt to altitude is essential, not optional. We include an acclimatization day at Manang Village. This break helps your body to adjust before moving to a higher elevation.

- **Follow "Trek High, Sleep Low"**
  This method supports you for better adaptation to altitude and environment without overexertion.
  - Trek High, Sleep Low refers:Walk to a higher elevation during the day.
  - Descend to a slightly lower altitude to sleep or spend the night.

- **Stay Hydrated**

Dehydration can increase fatigue and worsen altitude symptoms. So you need to drink 3- 4 litres of water (sip it regularly) throughout the day for hydration and to sustain energy.

- **Monitor your Body Closely**

Pay attention to your body for early signs of altitude sickness, such as headache, nausea, dizziness, or shortness of breath. If symptoms worsen, it is safer to descend than continue upward.

- **Maintain a Steady Pace**

Walk at a consistent and comfortable pace. Avoid rushing, as steady movement helps conserve energy, supports breathing, and reduces the risk of exhaustion at higher elevations.

- **Avoid Overexertion**

Excessive physical effort and carrying a heavy rucksack while moving upward increase exhaustion. Take regular breaks and rest when needed. You don't need to push beyond your limits, especially above 3,000 meters, where altitude effects become more noticeable.

Trekkers who succeed are usually not the fittest, but those who pace themselves, acclimatize properly, and stay consistent.

How Can You Prepare for the Annapurna Circuit Trek?

Proper preparation is essential for the Annapurna Circuit due to its long walking days, changing weather, and high-altitude conditions. You should focus on building fitness, packing wisely, and having confidence before the trek.

Good preparation helps you enjoy the journey while reducing the risk of altitude sickness and fatigue.

Preparation Tips:

- Start physical training at least 1–2 months before your trek
- Focus on cardio exercises like hiking, jogging, cycling, or stair climbing
- Build leg strength and endurance with squats, lunges, and long walks
- Practice walking for several hours while carrying a light backpack
- Maintain a slow and steady pace during the trek to conserve energy
- Stay hydrated and drink plenty of water at higher altitudes
- Carry proper layered clothing for changing mountain temperatures
- Pack comfortable trekking boots that have already been used
- Learn the basic symptoms and prevention methods of altitude sickness
- Prepare mentally for remote trails, simple teahouse facilities, and long trekking days

How Safe is the Annapurna Circuit Trek?

The Annapurna Circuit Trek is **safe for trekkers with basic fitness and preparation**. It's a non-technical route with clear paths, teahouses, and local support.

So you don't require specialized gear or mountaineering experience. Your safety depends on **managing your pace, altitude, and weather**.

The biggest factor you need to consider is **altitude**. Above 3,000 meters, oxygen decreases, which can cause headaches, dizziness, nausea, or fatigue. To minimize these risks, we include acclimatization and gradual ascent in your itinerary.

Weather can also influence safety. Conditions can change quickly, especially in higher regions. You may face cold winds, snowfall, or sudden temperature drops near high passes like Thorong La Pass. That's why we do last-minute checking for proper clothing and gear.

Trail conditions vary throughout the route. Lower sections are easier and well-defined, while higher sections can be rocky, steep, or exposed. Wearing proper trekking shoes and walking carefully helps you stay stable on uneven terrain.

Safety Practices You Should Follow

- Maintain a steady, comfortable walking pace instead of rushing
- Drink water regularly to prevent dehydration at altitude

- Do not skip acclimatization day
- Don't overthink small discomforts; most are normal at altitude
- Encourage your fellow trekkers and enjoy the scenery
- Appreciate each day; don’t stress about the destination or passes
- Trek with peace of mind and stay positive about the experience
- Let the guide handle logistics for a worry-free trek
- Follow the “walk to high, sleep at low” altitude approach
- Listen to your body and watch for early symptoms like headache or dizziness
- Inform your guide immediately if you feel unwell
- Avoid overexertion, especially on steep ascents or long trekking days
- Carry proper layered clothing for changing temperatures
- Use sturdy trekking shoes with good grip for rocky and uneven trails
- Follow your guide’s instructions regarding pace, route, and rest stops

Throughout your trek, we **prioritize your safety**, **security**, and **satisfaction**. Our experienced guides and well-planned itineraries make sure you can focus on enjoying the journey. Local support is always available when you need it.

We **monitor trail conditions and handle logistics** so you can trek with confidence and comfort. With our team taking care of the details, you can relax and enjoy the experience with peace of mind.

What Can You Expect After the Trek?

After completing the Annapurna Circuit Trek, you descend to lower elevations such as Kathmandu and transition back to city life.

You will feel the immediate physical relief: breathing becomes easier, walking pace normalizes, and your appetite improves. Most trekkers feel tired for a day or two, so take a short rest period before resuming regular activities or travel plans.

After the trek, you will be invited to a **farewell**. This is a planned gathering where you can relax, reflect on your journey, and celebrate completing the trek with your guide and team.

Certificate and Souvenir

You will receive an Annapurna Circuit Trek **achievement certificate**, which includes your name and trek details. It is usually presented in person for every trekker as a formal closing of your trekking experience.

We also provide you with a **company T-shirt and a Cap** as a souvenir and reminder of your journey. You can also share your captured moments with fellow trekkers and your guide, creating a small collection of memories from different parts of the journey.

Departure and Airport Transfer

On your departure day, we arrange a private vehicle to **transfer you from your hotel to Tribhuvan International Airport** as a complimentary service. You should **share your flight details in advance** so we can schedule the pickup accordingly.

The transfer is planned based on your flight time, usually allowing enough buffer time for traffic and airport check-in procedures. This ensures you reach the airport on time without stress.

Why Choose Annapurna Circuit Trek?

The Annapurna Circuit Trek is unique. It offers endless variety in landscapes, cultures, and altitude. Every day brings a new view: lush valleys, dense forests, rocky cliffs, and high-altitude alpine zones.

The trail even reaches the trans-Himalayan region, giving you a rare perspective of Nepal's mountain ranges.

You meet local communities along the way. Gurung, Magar, Thakali, Manangi, and Loba people share their traditions, hospitality, and daily lives. These encounters make your journey truly immersive.

The trek crosses Thorong La Pass, a challenging high mountain pass that rewards you with a sense of achievement and mesmerizing mountains.

Flexible itinerary options allow you to trek at your own pace, even if you are travelling for the first time. This journey isn't just a trek; it's an unforgettable adventure that blends nature, culture, and personal achievement.

Key Highlights:

- Trek through the **Annapurna Conservation Area**, Nepal's largest protected region.
- Meet local communities like **Magar, Gurung, Manangi, etc.,** experiencing authentic traditions and daily life.
- Enjoy **high-altitude adventure and safety** with licensed guides, Sherpas, and porters handling navigation and logistics.
- Witness **stunning natural diversity**, including forests, rivers, gorges, and snow-capped peaks.

Unique Cultural and Natural Experiences

The Annapurna Circuit is a **cultural corridor** where traditions shift distinctly as you move from the lower Marsyangdi Valley to the arid trans-Himalayan region of Manang and Mustang. You will be greeted with "**Namaste**" in every village and experience authentic local customs.

Each village reflects a clear ethnic identity and introduces a new way of life, shaped by geography, history, and traditions.

You are likely to experience culture shock on the Annapurna Circuit due to its cultural diversity.

- Meet **Gurung, Magar, and Tamang communities** in villages like Bahundanda, Syange, and Jagat, where Hindu customs blend with rural Himalayan lifestyles
- Explore Dharapani and Chame, where lower-valley communities reflect a mix of **Hindu traditions and early Tibetan cultural influence**.
- Discover **Thakali culture** in Taal, Jomsom, and especially Marpha, famous for apple orchards, stone houses, and the most organized ancient trading culture
- Pass through Khangsar and Braga (500-year-old village), where **Tibetan Buddhist culture** becomes dominant with centuries-old monasteries and gompas
- Visit Manang Village, a key cultural hub known for stone-built homes, yak herding traditions, and **strong Buddhist traditions.**
- **Taste local foods** such as Thakali set meals, including Khana Set and Tibetan-style bread
- Stay in traditional teahouses in villages such as Pisang, Ngawal, and Yak Kharka, reflecting **high-altitude Himalayan hospitality and seasonal herding lifestyles**.
- Notice the cultural shift from **Hindu-majority lower valleys** to **Tibetan-influenced Buddhist communities** as you approach the pass

Natural Wonders, Flora & Fauna

The Annapurna Circuit passes through one of Nepal's most diverse ecological regions, shaped by deep river valleys, glacial systems, and drastic altitude changes.

The landscapes shift from subtropical forests to alpine zones and finally to the cold, arid deserts of Manang and Mustang. This creates a constantly changing scenery, wildlife habitats, and vegetation zones along the trail.

Key Highlights:

- **Marsyangdi River Gorge:** formed by glacial erosion, surrounded by cliffs, cascading waterfalls, and deep valleys between Jagat and Dharapani
- **Dense forests of rhododendron, pine, and oak** between Syange, Chamje, and Tal, that bloom during the spring season
- **Himalayan Tahr** on rocky slopes, and Yaks grazing in high alpine pastures near Manang and Yak Kharka
- Sightings of rare wildlife like **Red Pandas** in the lower forested zones and **snow leopards** in the remote Manang region
- **Danphe (Himalayan Monal, Nepal's national bird):** early morning sightings are most likely in mid-high regions (Pisang, Manang forests)
- **Pheasants (Kalij):** may spot around lower green forested zones (Marsyangdi valley), especially in rhododendron and mixed forests
- **Alpine and arid transition zones** in Upper Manang (Ngawal, Braga), where vegetation becomes sparse and dry
- **Mustang landscapes:** dry, desert-like Himalayan scenery and wind-swept valleys
- **Kali Gandaki Valley (Jomsom–Kagbeni)**, one of the world's deepest gorges, with a distinct cold desert ecosystem

- High-altitude ecosystems around Yak Kharka and Thorong Phedi, where only **hardy grasses and shrubs survive**
- **Tatopani:** a natural hot spring considered to have traditional healing and therapeutic benefits
- Panoramic views of **Annapurna II**, **Annapurna III**, **Gangapurna**, and **Tilicho Peak** throughout the route

Historical Significance and Trade Route

The Annapurna Circuit was once an important section of the ancient salt or grain trade route connecting Nepal and Tibet. The **Kali Gandaki Valley** formed the main north–south trading corridor, where caravans transported salt, wool, and grain for centuries.

Villages along the trail developed as important rest and trading stops for traders and travellers exchanging cultures and religions of different ethnic groups.

Ever wondered what historical route you'll be following in the Annapurna region?

- Follow ancient trade pathways through **Dharapani, Chame, and Manang,** historically used by traders moving toward Tibet
- Explore **Manang Village**, a key trading hub where salt, wool, and grain were historically exchanged in the high Himalayas
- Visit **Kagbeni**, a fortified village that once served as a customs and trading checkpoint for Mustang-bound caravans
- Walk through **Marpha and the Jomsom region**, shaped by the long-standing Thakali trading culture with inns, taxation, and caravan support
- Observe remnants of caravan routes used by yak traders across high mountain passes
- Experience the cultural influence of cross-border exchange between Nepal and Tibet in architecture, monasteries, and lifestyle
- Cross or view sections leading toward **Thorong La Pass**, one of the most important traditional trade crossings between Manang and Mustang

Sacred Sites and Spiritual Importance

Spirituality is deeply embedded in the Annapurna Circuit, where Hindu and Buddhist beliefs coexist across different altitude zones. Walking along the trail, you'll notice it is dotted with sacred temples, monasteries, prayer flags, and pilgrimage sites, each carrying deep religious significance and centuries of spiritual heritage.

You can feel spiritual presence throughout your journey:

- Visit **Muktinath Temple (3,800m)**, a sacred pilgrimage site for both Hindus and Buddhists, with 108 water spouts, and pilgrimage rituals
- **Kagbeni**, a major spiritual gateway to Upper Mustang, has a strong overlap of Tibetan, Buddhist, and Hindu cultures
- Explore Buddhist monasteries in **Braga, Pisang, and Manang Village**, some dating back hundreds of years

- Pass rows of **mani walls, chortens, and prayer wheels**, especially in the Upper Manang region
- See Hindu shrines and temples dedicated to local mountain deities in the lower villages, like **Jagat and Dharapani**
- You may experience small **puja ceremonies for the safe passage** at passes like Thorong La.
- Enjoy the blend of animist, Hindu, and Buddhist beliefs in daily village rituals

Festivals and Local Traditions

Festivals along the Annapurna Circuit reflect a rich blend of Hindu and Tibetan Buddhist cultures, varying by region and season. Local traditions are closely tied to agriculture, livestock, and religious calendars, giving trekkers a chance to witness authentic Himalayan celebrations.

You will be amazed by the variety of festivals and traditions in mountain villages:

- **Dashain (Syange, Jagat, Tal):** Celebrated with family gatherings, blessings from elders, and small village rituals. People also enjoy swings (ping) and traditional celebrations marking the victory of good over evil.
- **Tihar (Syange, Jagat, Tal):** Known as the festival of lights, homes are decorated with oil lamps and rangoli. People worship animals like cows, dogs, and crows, and enjoy Deusi–Bhailo songs in the evenings.
- **Lhosar (Upper Manang – Ngawal, Braga, Manang Village):** A Tibetan Buddhist New Year celebrated in monasteries and villages. It includes prayers, Cham masked dances, feasting, and family gatherings.
- Observe **harvest-related celebrations** tied to farming cycles in the lower Marsyangdi Valley
- **Yartung Festival (Manang region):** Celebrated after the harvest season. It features horse racing, archery, river rituals, and community feasts. It is one of the most lively local festivals.
- **Chhewang Ceremonies (Manang monasteries like Braga and nearby gompas):** Monks perform purification rituals and prayers. Butter lamps are offered, and blessings are given for protection, health, and safe journeys.
- Witness traditional dances, music, and mask performances during **Buddhist festivals** in monasteries
- See **yak-herding rituals** and seasonal movement traditions in high-altitude villages like Yak Kharka
- Encounter spontaneous **cultural gatherings** in teahouses during peak trekking seasons

Annapurna Circuit Trek Cost

The cost of trekking the Annapurna Circuit depends on your private group size, season, and the services. Our guided packages usually cover meals, accommodation, transport, and experienced guides, so you can focus on enjoying the trek.

Cost by Group Size

Group Size	Cost Per Person (USD)	Notes
Small Group (2 – 3 Trekkers)	$920	Higher per-person cost because costs are split among fewer trekkers. Ideal for couples.
Medium Group (4 – 7 Trekkers)	$880	Costs are slightly lower per person as expenses are shared among more people. Ideal for small families or friend groups.
Large Group (8 - 13 Trekkers)	$840	More economical per person due to better sharing of costs. Suitable for larger groups.
Very – Large Group (14 - 21 Trekkers)	$800	Offers the lowest per-person cost because all shared expenses are distributed across many trekkers. Most cost-effective for big groups.

Tip: *You could find the cost differences in peak seasons (spring/autumn) and off-peak season. Sharing porter services or booking early in a larger group can help save further.*

Licensed Guides and Sherpas

We assign **Nepal government-licensed guides** and **seasoned Sherpas** who are familiar with the Annapurna terrain and altitude patterns.

Their roles go beyond navigation; they help you interpret the environment and plan daily schedules. They aid in adjusting your trekking pace based on fitness and acclimatization needs, building confidence at every stage.

Guides manage unexpected situations such as weather changes, trail reroutes, or high-altitude challenges throughout the path. Sherpas and porters carry your gear and manage logistics every day, so you can focus on trekking comfortably and confidently.

Your trek support includes:

- Route guidance and navigation
- Daily pacing and acclimatization management
- Safety monitoring and emergency assistance
- Local communication with teahouses and communities
- Carrying bags and managing logistics

Our guides also **maintain regular communication with the Kathmandu support team**, coordinating permits, transport, and daily arrangements to help with smooth trekking. In an emergency, communication is immediate, so help is always available without delay.

The support team keeps a close check on your trek, monitors weather changes, and daily progress throughout the route. **You'll hear from us at least once a day** to **confirm everything is on track** and **address any concerns early**.

Paul, our owner, also stays in regular communication with you and your guide to manage logistics and handle unexpected situations. The team makes sure that there are no gaps in support throughout the journey.

Tipping Guidelines for Guides and Porters

Tipping is optional but widely appreciated as a way to recognize the hard work of your guides and porters. Here's what you need to know:

- **Pre-Trek Briefing:** Paul, our owner, will guide you on tipping guidelines to help you understand appropriately.
- **Timing:** Usually given on the last day of the trek or during the farewell dinner.
- **Collective Tipping:** Tips are shared among guides and porters based on their contribution.
- **Amount:** There's no fixed sum. You can decide based on your experience, group size, and trek duration.
- **Purpose:** A gesture of appreciation for the support, guidance, and effort provided throughout the journey.
- **Customary Practice:** While optional, most trekkers follow this tradition to show gratitude.

Following these tips ensures your trekking team feels valued and motivates them to maintain high-quality service for all trekkers.

Eco-Friendly Practices and Community Support

We promote eco-tourism by practicing sustainable trekking, minimizing waste, and protecting the Annapurna environment.

- **Preserving Natural Condition:** Minimizing single-use plastics, carrying refillable bottles, and disposing of waste at designated points will preserve the natural habitat of the Annapurna region.
- **Supporting Local Businesses:** We prioritize working with locally operated teahouses, guides, porters, staff, and service providers. This ensures your trek contributes directly to the local economy.
- **Encouraging Sustainable Livelihoods:** Supporting local businesses sustains communities that depend on trekking tourism for their livelihoods.

How Can You Book the Annapurna Circuit Trek?

Booking your Annapurna Circuit Trek with us is a straightforward process. It is designed to keep everything organized before your arrival.

Once you confirm your travel dates and itinerary preferences, we handle the permits, logistics, guide assignment, and accommodation arrangements. So you don't have to manage each component separately.

Private Trek Options

We offer private trekking arrangements only with a **fully customizable itinerary**. You'll enjoy a private experience with dedicated support and guidance.

If your **group has 5+ people**, you will have an assistant guide to ensure a smooth support for a better experience. **No additional person or group** will be allowed to join after your booking.

Payment Methods and Safe Booking Procedures

As a **licensed trekking operator in Nepal** with over a decade of experience, we follow professional standards and safety practices.

We are active members of the Trekking Agencies' Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA), giving you confidence in every step of your journey.

You need to pay a **10% deposit to confirm your booking**. We **accept multiple international payment methods**, including **credit card**, **bank transfer**, **Wise**, and **Western Union**.

After confirmation, please send us the necessary documents at your earliest convenience via email or WhatsApp. Once we receive your documents, we will schedule your briefing without any delay through a WhatsApp Call.

We request you to send your passport copy as soon as possible after booking confirmation, even if the remaining documents take some time to arrange.

Other Documents are:

- A **passport-sized photo** showing the face clearly. You can use your phone or camera to take your photo.
- A **copy of travel insurance** information (company details, policy number, contact/phone number)
- **Flight details** (airline's name, date and time of arrival and departure).
- **Accommodation in Kathmandu** (hotel name and location).

These documents are required to handle permits, accommodations, and transport smoothly.

The **remaining balance can be paid upon arrival in Kathmandu**, either in **cash** or via **digital payment**. Every transaction is properly documented for transparency and security.

Note: *We would like to receive the remaining balance preferably in cash (NPR or USD).*

Last-Minute Booking Options

If your plan comes together at the last moment, we can still arrange your trek. We welcome short-notice bookings, but they depend on:

- Guide availability
- Permits processing time
- Room access along the trail

For last-minute bookings:

- Make documents: photo, passport, and insurance ready
- Contact Paul at +977-9840055491 or email info@discoveryworldtrekking.com
- Quick 10% payment confirmation
- Full payment within 24 hours of booking
- Send your details promptly since logistics need to be arranged quickly

Tip: *Keep in mind that peak seasons or sudden weather changes may affect availability.*

Flexible Schedule Adjustments

We understand that travel plans don't always go exactly as expected. You can **adjust your trekking schedule based on your arrival time**, acclimatization needs, or personal preferences. We can manage the dates with prior notice.

If you arrive late in Kathmandu, we'll update your itinerary so you don't miss transport or start the trek tired. You can also add extra days for acclimatization to feel ready for higher altitudes.

Adjustments depend on weather, route conditions, and your physical condition.

Extend Your Stay in Nepal

If you have additional days after completing the **Annapurna Circuit Trek**, you can extend your Nepal adventure with another trek or a wildlife experience.

Choose an extension based on whether you want to explore another iconic Himalayan region, enjoy a shorter trek, or experience Nepal beyond the mountains.

- **Everest Base Camp Trek**: If you want to experience Nepal's most iconic mountain destination, you can add the **Everest Base Camp** trek. You'll enter the Khumbu through Sherpa villages and monasteries, with the opportunity to stand beneath **Mt. Everest (8,848.68 m)**.
- **Annapurna Base Camp Trek**: Choose ABC if you want to explore a different side of the Annapurna region and reach a mountain sanctuary at **4,130 m**. You'll walk through Gurung villages and forests before entering the natural amphitheater surrounded by **Annapurna I, Machhapuchhre, and Hiunchuli**.
- **Manaslu Circuit Trek**: If you prefer a quieter, more remote Himalayan experience, you can add a 14-day trek toward the **Manaslu region**. The route takes you through Tibetan-influenced villages and less-travelled trails before crossing **Larkya La Pass (5,106 m)**.
- **Langtang Valley Trek**: For a shorter Himalayan extension close to Kathmandu, you can choose an 8-day trek to Langtang. You'll explore **Tamang villages, yak pastures, forests, and high valleys** without committing to another long-distance trek.

- **Ghorepani Poon Hill Trek**: If you want a short yet rewarding mountain experience, Poon Hill is an easy addition to your Nepal itinerary. The highlight is an early-morning hike to **Poon Hill (3,210 m)** for sunrise over the **Annapurna and Dhaulagiri ranges**.

Annapurna Circuit Trek FAQs

GENERAL INFORMATION

Why trek the Annapurna Circuit with Discovery World Trekking?

With over **15+ years of experience**, we provide a private, fully **guided Annapurna Circuit trek** led by experienced local guides with strong **safety-focused management**. Our itineraries are flexible with proper acclimatization throughout the circuit. We focus on your comfort and satisfaction, ensuring a **smooth and well-managed** trekking experience from start to finish.

How long is the Annapurna Circuit trek?

The Annapurna Circuit Trek distance is approximately **160–230 km (100–145 miles)**, depending on the exact route and road sections used. The trekking duration is usually **10–16 days**, based on the chosen itinerary, walking pace, rest days, and side trips.

What is the highest altitude point on the Annapurna Circuit Trek?

The highest point on the Annapurna Circuit is **Thorong La Pass (5,416 m / 17,769 ft.)**. It is the most challenging section of the trek and is usually crossed early in the morning, depending on weather conditions.

What is the average daily trekking distance on the Annapurna Circuit?

You'll typically walk around **10–15 km (6–9 miles) per day**, depending on terrain and altitude gain. On average, this means about **6–8 hours of trekking daily**. Some days are shorter for acclimatization, while challenging sections like Thorong La Pass take longer and are more demanding.

What are the starting and ending points of the trek?

The trek generally starts in the **Besisahar or Bhulbhule**, follows the Annapurna Circuit route, and ends in **Ghorepani** before continuing to Kathmandu from Pokhara. For route clarity, check our Annapurna Circuit trek map.

Is there an age limit for the Annapurna Circuit Trek?

No, there is **no fixed age limit** for the Annapurna Circuit Trek. You can join if you are physically fit for long walking days and high-altitude ascents to Thorong La Pass. We recommend it for **people above the age of 10** who are in good health and comfortable with 4–6 hours of daily walking.

Can I customize my Annapurna Circuit trek itinerary?

Yes, we offer **fully customizable itineraries tailored** to your **trekking dates**, **duration**, **interests**, and **fitness level**. You can adjust the number of trekking days, add rest or acclimatization days, and include side trips such as a trek to Tilicho Lake or a hike to Ice Lake.

What are the must-see viewpoints on the trekking circuit?

Major highlights on the Annapurna Circuit include **Manang Valley**, **Thorong La Pass**, **Muktinath**, **Marpha**, and **Kali Gandaki Valley**. Throughout the route, you also get panoramic views of Annapurna, Dhaulagiri, Nilgiri, Machhapuchhre, and Chulu peaks. You should not miss the famous sunrise view from Poon Hill and the natural hot springs at Tatopani.

TREK DIFFICULTY

How hard is the Annapurna Circuit?

The trek is **moderately to highly challenging** due to long walking days, altitude gain, and steep paths. The main difficulty comes from sustained ascending above 3,000 m and crossing the Thorong La Pass.

How challenging is the Thorong La Pass?

Thorong La Pass (5,416 m) is the toughest section of the trek due to its altitude, steep ascent, cold temperatures, and early morning crossing. Weather and thin air can make it more demanding.

Can I trek the Annapurna Circuit as a beginner?

Yes, beginners can complete the Annapurna Circuit with proper fitness preparation and guided support. The trek requires endurance for long walking days rather than technical climbing skills. As a first-time trekker, you need to focus on a steady pace and a gradual altitude gain.

Is the Annapurna Circuit difficult with Children?

Yes, the Annapurna Circuit Trek with Kids is **highly challenging, but can be done** with active children and careful planning. We provide flexible itineraries with shorter walking days, a steady pace, and proper acclimatization, depending on the child's fitness and ability to adapt to altitude.

Is Annapurna Circuit harder than Manaslu Circuit?

No, the Annapurna Circuit is **less physically demanding** than Manaslu Circuit. Even if the route is longer, you benefit from better infrastructure and easier accessibility. The Manaslu Circuit is more remote, with fewer facilities and rugged terrain. This makes Manaslu comparatively more challenging for you as a trekker.

Which trek is more difficult: Annapurna Circuit or Everest Base Camp?

Both treks are challenging, but in different ways. The Annapurna Circuit involves a longer route and a high-altitude pass, while the Everest Base Camp trek includes higher sleeping altitudes and continuous elevation gain. Overall difficulty depends on your fitness and acclimatization ability.

How do you compare Annapurna Circuit and Annapurna Base Camp?

Annapurna Circuit is longer and more diverse, crossing multiple climate zones and Thorong La Pass. The Annapurna Base Camp trek is shorter and more direct, focusing on reaching the base of Annapurna I. The Circuit offers a more varied culture and landscape, while ABC is more concentrated for a mountain experience.

PREPARATION & FITNESS

What level of physical fitness is required for the Annapurna Circuit trek?

You need to be **normally fit** for this trek. It is moderately difficult and requires **good endurance**, **cardiovascular fitness**, **leg strength**, and **stamina**. You will walk around 5–7 hours daily on uneven trails with long ascents and sections above 3,000 meters, so regular walking, hiking, or cardio training is recommended.

How should I train for the high altitudes and long trekking days?

You should prepare yourself at least **4–8 weeks before departure** with endurance-based training. Focus on uphill hiking, stair climbing, jogging, cycling, or brisk walking with a backpack. Emphasizing long-duration effort over intensity will build leg strength and improve lung capacity for better adaptation to low oxygen levels at Thorong La Pass.

Do I need prior trekking experience for the Annapurna Circuit trek?

No, **you don't need prior trekking experience** to complete the Annapurna Circuit, but it can be useful. Many first-time trekkers complete it with proper preparation and guided support. Our itinerary includes acclimatization days in places like Manang and a paced schedule to help you adjust to altitude and long walking days.

What happens if I cannot complete the trek?

If you cannot continue the trek due to health, altitude, or personal reasons, our guide will help you **descend safely or arrange transport from the nearest exit point** if needed. **Emergency evacuation can also be arranged** in critical situations.

Any additional costs, including transport, accommodation, or evacuation, are not included in the package and must be covered by you or your travel insurance.

Can I do Annapurna Circuit without crossing Thorong La Pass?

No, you cannot complete the full Annapurna Circuit loop without Thorong La Pass. However, you can skip the pass section and travel through the Annapurna region by road routes, either stopping the trek in Manang or continuing by road from Besisahar to Jomsom. This option is usually used in case of bad weather or health concerns.

PERMITS

What permits are needed for the Annapurna Circuit trek?

You need only one permit: **Annapurna Conservation Area Permit (ACAP)**. It is mandatory for trekking in the Annapurna region and is strictly checked at multiple entry and exit points along the route.

How do I obtain permits for the trek?

You can obtain **permits online** or from the **Kathmandu office of the Nepal Tourism Board**. If you **trek with Discovery World Trekking**, **we arrange all required permits** before the trek begins. You do not need to handle any paperwork or visit government offices, as our team processes everything on your behalf.

Do I need a separate permit for entering the Annapurna Conservation Area?

Yes, entry into the protected Annapurna Conservation Area **requires the ACAP permit**. It is mandatory for all trekkers, as the fee directly goes to trail conservation and sustainable management of the region.

Is the Trekkers' Information Management System (TIMS) card mandatory?

As of April 2023, the TIMS card is **generally not required for trekkers** travelling with a licensed guide or through a registered trekking company on the standard Annapurna Circuit Trek.

INSURANCE & VISA

What kind of travel insurance do I need for the Annapurna Circuit trek?

You **must have comprehensive travel insurance** that specifically covers high-altitude trekking up to at least 5,500 m. Because of the remoteness of the region and the Thorong La Pass crossing at 5.416 meters, your policy should include:

- Emergency Helicopter evacuation
- Medical/treatment expenses
- Trip interruption/delays coverage

Does the insurance need to cover helicopter evacuation and high-altitude trekking?

Yes, helicopter evacuation up to the highest trek altitude, 5,500 meters, coverage is strongly recommended. In emergencies such as altitude sickness or injuries in remote sections, helicopter rescue may be the only solution.

The emergency rescue costs can be very expensive, so please call your insurer and double-check its coverage.

Is travel insurance important for experienced trekkers too?

Yes, even if you are an experienced trekker, you must have valid insurance for the Annapurna Circuit trek. The trail includes high-altitude terrain, unpredictable weather, and remote sections, where even a seasoned hiker may need an emergency evacuation.

Where to get a visa to Nepal?

You can obtain a Nepal tourist **visa on arrival at Tribhuvan International Airport** in Kathmandu or at designated land border entry points. It requires a valid passport, payment of the visa fee, and a completed application form.

We recommend filling out the online visa application form at least two weeks before your arrival to avoid long queues at the airport. Please check the Nepal Immigration website to confirm whether your country is eligible for a visa on arrival.

How long is the Nepal visa valid, and can it be extended during the trek?

Three Visa validity options are available in Nepal.

- 15 days = $30 USD
- 30 days = $50 USD
- 90 days = $125 USD

You can choose the duration based on your travel needs and the length of your stay. If you wish to extend your stay, the visa can be extended at the Department of Immigration in Kathmandu before your current visa expires.

Do Guides and porters have insurance?

Yes, all **guides and porters working with Discovery World Trekking are fully insured**. Their insurance covers medical treatment, accidents, and emergency helicopter evacuation during trekking operations.

GUIDES & PORTERS

Is it necessary to hire a guide or porter for the Annapurna Circuit trek?

Yes, according to the Nepal government rule introduced in April 2023, foreign trekkers are required to hire a licensed guide through a registered trekking agency for the Annapurna Circuit Trek.

Does the guide speak English?

Yes, all our trekking guides are fluent in English and are trained to communicate clearly with international trekkers. They also share insights about local culture, landscapes, important places, trail conditions, and trekking safety throughout the journey.

What is the experience level of the Guide?

Our guides are **government-licensed**, **highly experienced**, and **trained in high-altitude trekking operations**. They have strong knowledge of the Annapurna region, weather conditions, altitude sickness management, emergency response, and trekking routes.

How much does it cost to hire a guide or porter?

Hiring a guide for the Annapurna Circuit with Discovery World Trekking usually costs **$30 to $45 USD per day**, while a porter costs **$25 to $30 USD per day**.

How to book private Annapurna Circuit trekking guides?

You can book a private guide by **booking any date directly on our website** or **contacting us through email**. We assign guides based on your group size, language preference, and trekking schedule to ensure a personalized experience.

What is the weight limit of the porter?

The weight limit for a porter is **18 kg**. One porter carries only one duffel bag/rusksak shared between two trekkers.

Can I store my extra luggage at your office?

Yes, we provide **free luggage storage at our Kathmandu office** for all trekking clients. Your non-essential items are safely tagged and stored in a secure locker room until you return from your trek.

ACCOMMODATION

What types of accommodation are available along the Annapurna Circuit?

Accommodation on the Annapurna Circuit Trek is mainly in **family-run teahouses and mountain lodges**. You will stay in simple but clean twin-sharing rooms with basic bedding. Facilities become more limited at higher altitudes, and bathrooms are usually shared.

Is laundry service available in the Annapurna region?

Laundry services are available in lower-altitude towns such as Besisahar, Chame, and Jomsom. However, they become limited at higher elevations due to cold weather and a lack of drying conditions. We recommend carrying quick-dry clothing for convenience.

Do the teahouses offer electricity for charging devices?

Yes, most teahouses **offer charging facilities for mobile phones and cameras**. You may need to pay an additional fee of $2–$5 USD per use, especially at higher elevations where electricity is limited. Charging is usually available in dining areas with two-pin plugs, so you should carry a universal adapter.

Can I get hot showers/ bath in teahouses?

Yes, **hot showers are available in teahouses** in lower or mid-altitude regions, usually gas- or solar-heated. At higher elevations, you will only find bucket showers due to cold temperatures and limited water supply. All shower services cost around $2–$5 USD, depending on altitude.

Is there internet or Wi-Fi access available during the trek?

Yes, you can find **Wi-Fi in most teahouses** with an additional charge, especially in villages like Chame, Manang, and Muktinath. However, the connection is often slow, unstable, and weather-dependent at higher elevations. You may also get NTC or Ncell mobile network coverage in some sections of the trail.

Are the rooms in teahouses heated?

No, teahouse rooms do not have heaters or air conditioning. However, you can stay warm in the communal dining halls, which are usually heated with wood or yak-dung stoves during the evenings.

FOOD & DRINKS

What kind of meals can I expect during the Annapurna Circuit trek?

Teahouses serve simple Nepali, Tibetan, and basic Western meals. Dal Bhat is the most common and filling option, often with refills.

You may also find:

- Noodles and fried rice
- Soups and pasta
- Eggs, pancakes, and porridge
- Tibetan bread and potatoes

At higher altitudes, you can find a more limited menu variety due to supply challenges.

Are vegetarian and vegan meal options available along the trek?

Yes, vegetarian meals are widely available on the Annapurna Circuit. Most teahouses can accommodate vegan options or any dietary needs with simple adjustments. Commonly served foods include Dal Bhat, potato-based dishes, vegetable noodles, soups, and chapati-based meals.

Is it safe to drink tap water along the Annapurna Circuit?

No, untreated tap water, along with spring or river water, is not safe for drinking. We recommend boiled water, filtered water, or water treated with purification tablets or UV systems. Bottled water is available in villages but becomes more expensive at higher altitudes and also increases plastic waste in the region.

What local dishes should I try along the trekking route?

Local cuisine varies slightly across Gurung, Manangi, and Thakali communities along the route. You can try a variety of local dishes depending on the village you are in:

- **Marpha & Jomsom:** Thakali set meals, yak cheese products, apple-based items
- **Manang & Pisang:** Thukpa (Tibetan noodle soup), momo, Tibetan bread, tsampa porridge
- **Tatopani & Dharapani:** Gundruk soup (fermented spinach soup), fresh vegetable curries, buckwheat pancakes

Can I eat meat during the trek?

No, we generally do not recommend eating meat during the Annapurna Circuit Trek. Meat is often transported over long distances without proper refrigeration, which may affect freshness. It can also be harder to digest at high altitude due to lower oxygen levels.

WEATHER

What is the best season to trek the Annapurna Circuit?

The best seasons are **spring (March–May)** and **autumn (September–November)** when the weather is more stable and trekking paths are clear. Spring brings blooming rhododendrons, while autumn offers the clearest skies, making both seasons ideal for mountain views and reliable trail access across high passes like Thorong La.

How cold does it get at higher altitudes?

Temperatures drop sharply as you gain altitude on the Annapurna Circuit. In places like Manang, Thorong Phedi, and Thorong La Pass (5,416 m), nighttime temperatures can fall to **around -10°C to -20°C** depending on the season. Wind chill at the pass can make it feel even colder, especially during early morning crossings.

Is it possible to trek the Annapurna Circuit in Winter?

Yes, winter trekking (December to February) is possible but more challenging. Thorong La Pass may be affected by heavy snowfall, and temperatures remain very cold at higher elevations, especially at night. The trail is quieter, but if you still want to trek, you should be fully prepared for cold conditions, possible delays, and route changes due to snow.

CULTURE & LIFESTYLE

Are there religious or spiritual sites I can visit along the route?

Yes, the trail passes through several Buddhist monasteries, prayer wheels, chortens, and mani walls. A spiritual highlight you can visit is **Muktinath**, a sacred site for both Hindus and Buddhists. These landmarks reflect the deep religious and cultural diversity along the route.

What Local festivals might I experience during the Annapurna Circuit trek?

Depending on your trekking dates, you may experience major Nepal festivals such as Dashain and Tihar, along with Lhosar, Saka Dawa, and local Buddhist celebrations in the Manang and Mustang regions. You may also witness the Yartung Festival in Mustang. Festival experiences vary each year based on the lunar calendar.

Do I need to follow any cultural etiquette?

Yes, respecting local customs is highly appreciated in mountain communities. You should dress modestly, greet people politely, and always ask permission before taking photos of individuals or religious sites. Walk clockwise around mani walls and stupas as a sign of respect.

How do local people dress in the Annapurna region?

Local people wear a mix of traditional Himalayan and modern attire depending on altitude and lifestyle. **Gurung communities** in lower areas often wear **Gunyu Cholo** and **Daura Suruwal**, while **Manangi people** prefer **warm, layered woolen layers** suited to cold weather. In **Mustang and Thakali regions**, Tibetan-style clothing such as **Chuba** is commonly worn alongside modern styles.

HEALTH & SAFETY

What are the risks of altitude sickness on the Annapurna Circuit?

Altitude sickness becomes a real risk once you move above 3,000–3,500 meters, especially near Manang and Thorong La Pass (5,416 m). Serious health complications can develop if symptoms are ignored at high altitude:

- **Acute Mountain Sickness (AMS):** headache, nausea, dizziness, fatigue
- **HAPE (High-Altitude Pulmonary Edema):** fluid buildup in the lungs, causing breathing difficulty, a dry and persistent cough
- **HACE (High-Altitude Cerebral Edema):** swelling in the brain, confusion, loss of muscle coordination, unsteady/clumsy walking

How can I prevent Altitude Sickness?

You can prevent altitude sickness by **ascending slowly**, **staying well hydrated**, and **maintaining a steady trekking pace**. You should avoid alcohol and allow your body enough time to adjust during the trek. We also include acclimatization days (Manang) in the itinerary to help adjust to altitude, and our guides continuously monitor your oxygen levels.

Are there any specific medical checkups recommended?

No mandatory **medical tests are required** for the Annapurna Circuit trek. However, we recommend a basic medical checkup before the trek, especially for cardiovascular and respiratory health. If you have asthma, high blood pressure, or any heart-related conditions, consult your doctor before joining.

How is emergency evacuation arranged?

In case of serious illness or altitude-related issues, we arrange evacuation immediately. This may involve assisted descent or helicopter rescue depending on your condition and location. The guide will inform our Kathmandu team, who then coordinate with rescue groups and your insurance provider for a quick response

Is it safe to trek the Annapurna Circuit?

Yes, the Annapurna Circuit is considered safe when trekked with proper preparation and guidance. The main risks come from altitude, weather changes, and physical fatigue rather than security issues. With experienced guides, planned acclimatization, and monitored pacing, the trek is safely completed by thousands of trekkers each year.

Do I need any vaccinations before trekking?

There are no mandatory vaccinations required for the Annapurna Circuit Trek. However, standard travel vaccinations such as tetanus, hepatitis A, and typhoid are commonly recommended. You should consult your doctor or travel clinic based on your personal health history before arriving in Nepal.

Will I encounter any dangerous wildlife during the trek?

Dangerous wildlife encounters are rare on the Annapurna Circuit route. Most of the trails pass through established villages, managed conservation areas, and well-used or marked trekking routes. You may occasionally see mountain goats, yaks, or birds, but there are no significant wildlife threats during the day.

PACKING & GEAR

What essential trekking gear should I pack for the Annapurna Circuit?

You should pack layered clothing (thermal, fleece, down jacket), good trekking boots, gloves, hat, sunglasses, and a rain jacket for changing weather. Carry a 20–30L daypack and trekking poles for daily use. A warm sleeping bag is also essential for cold high-altitude nights.

Do I need to bring crampons to cross Thorong La Pass?

Crampons are not always needed. They are **only required if there is fresh snow or icy conditions at Thorong La Pass**. In spring or winter, we sometimes recommend carrying lightweight microspikes for added safety.

Should I bring adjustable trekking poles for the trek?

Yes, trekking poles are highly recommended for the trek. They help reduce pressure on your knees during long ascents and especially during the steep descent from Thorong La Pass to Muktinath. Most trekkers find them very helpful for balance on uneven trails.

Can I rent or buy trekking equipment in Kathmandu or Pokhara?

Yes, you can easily rent or purchase trekking gear in both Kathmandu and Pokhara. Items like down jackets, sleeping bags, and trekking poles are widely available at reasonable prices in shops in Thamel or Lakeside.

What are the best trekking boots for the Annapurna Circuit Trek?

We recommend sturdy, ankle-support waterproof trekking boots designed for long-distance hiking on rocky, uneven terrain. They should be well broken in before the trek to avoid blisters and discomfort. You should select a comfortable boot with good grip for river crossings and high-altitude snow trails such as Thorong La Pass.

What size trekking backpacks should I use for the Annapurna Circuit?

We recommend a **50–60L duffle bag/rucksack** for porter transport and a **20–30L daypack** for personal essentials for the Annapurna Circuit. Your daypack should carry a water bottle, snacks, documents, valuables, and extra layers.

Do I need a winter-rated sleeping bag?

Yes, a sleeping bag **rated around -10°C to -15°C** is recommended for higher-altitude sections such as Manang and Thorong Phedi. It ensures better rest and recovery during cold nights above 3,500 meters.

BOOKING & PAYMENTS

How early should I book my Annapurna Circuit trek?

We recommend booking **at least 1 month in advance** for smooth permit processing and itinerary planning. During peak seasons (spring and autumn), early booking is highly recommended. We also **accept last-minute bookings**, depending on guide availability and accommodation arrangements.

How much does it cost to trek the Annapurna Circuit?

The cost ranges from **$800 to $920 USD per person**, depending on group size, itinerary, and services included. We offer transparent pricing with no hidden charges, covering guides, permits, accommodation, and logistics. The final price depends on your chosen package.

Do teahouses accept credit cards?

No, most teahouses along the Annapurna Circuit do not accept credit cards. Payments are usually made in cash in Nepali rupees. You should carry enough (maybe a little extra) cash for daily expenses on the trail.

What hidden/extra expenses should I expect on the trail?

There are no hidden charges on the trek, but you should budget for personal expenses such as hot showers, Wi-Fi, charging, bottled water, snacks, drinks, and tips. These costs are not included in the package, and your total expenses depend on your spending habits.

How can I exchange currency for Nepalese rupees?

You can exchange foreign currency in Kathmandu at banks or licensed exchange counters before the trek. ATMs are widely available, but they may charge a withdrawal fee of around NPR 500-850 per transaction, depending on the bank and ATM location.

What is not included in the Annapurna Circuit Trek package?

Our package covers the main trekking services, but certain personal expenses are not included:

- International flights and Nepal visa fees
- Travel insurance (must cover high-altitude evacuation)
- Personal trekking gear and equipment
- Accommodation/Lunch in Kathmandu and personal expenses (snacks, drinks, Wi-Fi, charging, hot showers)
- Tips for guides and porters
- Emergency evacuation or costs due to unforeseen itinerary changes

TRANSPORTATION

What are the available transportation options to reach the starting point of the Annapurna Circuit?

Our Annapurna Circuit trek typically starts from **Besisahar or Bhulbhule**, depending on the itinerary and road conditions. From Kathmandu, a local bus transfer is provided up to Bhulbhule, while a private jeep (USD 170 per vehicle) can be arranged on request for added comfort.

Is it possible to fly from Pokhara to Kathmandu after completing the trek?

Yes, you can take a domestic flight from Pokhara to Kathmandu after the trek. It is the fastest and most comfortable option compared to road travel. Flights usually cost around **$100– $150 USD per person** one way, depending on the season. However, schedules may be affected by weather, especially in the monsoon and winter.

Are there any public transportation services for the Annapurna Circuit trek's exit points?

Yes, local buses and shared jeeps operate from exit points such as Jomsom, Tatopani, and Besisahar. These are more budget-friendly but can be crowded and less comfortable. We generally recommend private transport for a smoother and safer return journey.

Discovery World Trekking

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