

## Annapurna Circuit Trek

**Destination:** Nepal

**Trip Difficulty:** Moderate - Strenuous

**Best Season:** Spring and Autumn

**Max Elevation:** 5416 M

The Annapurna Circuit Trek is one of the most classic treks that Nepal has to offer. Do you want to immerse yourself in the vast diversity of culture and religion while the spectacular and ethereal beauty of the panoramic view of the Annapurna mountain ranges surrounds you? You may be wondering if you can really do this trek or why you should even do the Annapurna Circuit Trek.

Let us put it into perspective for you! The first person ever to attempt to [climb Mount Everest](https://www.alpineramble.com/mt-everest-expedition) (<https://www.alpineramble.com/mt-everest-expedition>) was once asked why he wanted to climb the mountain, and he simply replied, "Because it's there." It just goes to show how you don't need to have an elaborate reason for wanting things, trekking, or even wanting to climb Mt. Everest.

Do it just because you want to. Originally, one of the longest circuit treks, which took 22 days, has now been shortened and can be completed in under two weeks. This is why Alpine Ramble Treks has designed the ultimate 15-day itinerary for our trekking enthusiasts.

Be it getting yourself immersed among the mightiest mountains, blending in with the culture and traditions, or the remarkable hospitality of people, the Annapurna Circuit Trek presents you with an unforgettable journey.

Take yourself out on a journey where you can immerse yourself in the splashing of the Marsyangdi River, the soundness of the deep valleys, the echos of the deep sub-alpine

forests, the kindness of the people, and most of all, the serenity of the beautiful Annapurna range.

Managing a two-week long holiday might be harder sometimes; in that case, you can join on this incredible [7-day short Annapurna circuit](https://www.alpineramble.com/annapurna-circuit-trek-7-days) (<https://www.alpineramble.com/annapurna-circuit-trek-7-days>) trip in Nepal. Starting a fabulous hike to Annapurna circuit trek from Kathmandu.

Take off on a once-in-a-lifetime journey with us and discover the finest trekking trails on the Annapurna Circuit. From conquering Thorong La to immersing yourself in rich cultural encounters among the cascading ranges of Annapurna and Dhaulagiri, our journey promises the ultimate trekking experience. Join us and create lasting memories amidst the breathtaking landscapes of the trek. Let's make your Annapurna Circuit Trek an extraordinary adventure you'll cherish forever.

## Highlights of the Annapurna Circuit Trek

- Complete one of the best treks in Nepal over the course of just one week.
- Visit Kathmandu and Pokhara: Nepal's most exciting large cities.
- Explore scenic mountainside villages in the shadow of Himalayan peaks like the Annapurnas, Dhaulagiri, and Manaslu.
- Ascend to 5,416 meters to reach the mountain pass of Thorong La.

**Unravel Adventures on the Annapurna Circuit Trek: Set off on a voyage of self-discovery from the prayer flag-draped summit of Thorong La to the solitude of the highlands.**

## Why should you do the Annapurna Circuit Trek?

The word “Annapurna” is derived from a Sanskrit word that means “full of grains,” which is also interpreted as “the one who provides” or “the goddess of harvests.” It is located to the east of the Kali Gandaki River's enormous chasm that separates it from the Dhaulagiri range and passes through the Himalayas. As the 10th tallest peak in the world, Annapurna I, with an elevation of 8,091 meters, is the only peak in the Annapurna Massif to rise above 8,000 meters.

Moreover, it has thirteen peaks that rise above 7,000 meters and sixteen summits that surpass 6,000 meters. Offering a diverse range of landscapes, cultures, communities, and altitudes, this place is among the top trekking destinations in Nepal, if not the entire globe. As a result, the Annapurna Circuit has long been regarded as a classic among trekkers visiting Nepal.

## Touch the soaring heights of Thorong La.

The highest point of the Annapurna Circuit Trek and unquestionably the highest pass in the world, crossing the Thorong La (5416 meters) is the adventure you seek. Surrounded by the Annapurna and Dhaulagiri ranges and home to the world's 10th tallest peak, Annapurna I (8091 meters), and 7th tallest peak, Dhaulagiri (8167 meters), the view from the top of Thorong Pass is truly a sight to behold. With blankets of snow covering the mountains, passing through the rocky slopes and steep trails with the gain in altitude should be taken very seriously. The highest elevation or height that we reach on this hike is **5416** meters above sea level, Throng La top.

## Embrace the panoramic views of the Annapurna Massif.

The Annapurna Massif, located in Nepal's Himalayas, is a cluster of formidable peaks, the

most prominent of which is Mount Annapurna I. Annapurna I, which rises to 8,091 meters (26,545 ft), is the world's tenth tallest peak. This beautiful peak is surrounded by other summits that exceed 7,000 meters in height.

The Kali Gandaki Gorge to the west, the Marshyangdi River to the north and east, and the Pokhara Valley to the south all form natural boundaries for the massif. The massif's western side creates the Annapurna Sanctuary, a high-altitude region recognized for its breathtaking natural beauty and pure nature.

## **Sacred site of the Muktinath Temple**

The Muktinath Temple, located at the base of Thorong La Pass in Nepal's Mustang province, is a holy site adored by both Hindus and Buddhists. This temple is revered as a sanctuary of deliverance and liberation (moksha). Hindus see it as Lord Vishnu's terrestrial manifestation, while Buddhists regard it as a holy location associated with the mythical Buddhist guru Guru Rinpoche (Padmasambhava).

The 108 stoned taps sourced directly from the holy mountains are believed to possess the power to grant spiritual purification and mental well-being if bathed under them. As a part of the Annapurna Circuit Trek, the Muktinath Temple allows you to channel your spiritual self and connect deeper with the meaning of life.

## **Cultures and communities of the Annapurna Circuit**

The adventurous Annapurna Circuit journey offers trekkers immersive cultural experiences as they pass through various local communities along the way. From welcoming Gurung villages like Chame to the gastronomic delights of Thakali settlements like Marpha and the tranquil Manang inhabited by the Manangi people, each visit provides distinct insights into traditional ways of life.

Tibetan influences are visible in communities such as Pisang and Braga, where colorful monasteries and cultural customs add to the rich tapestry of experiences. Homestay accommodations allow trekkers to engage in true cultural exchanges, and the date of the trek may coincide with vivid festivals such as Dashain and Tihar, further improving the overall cultural immersion. Interactions with people, ritual participation, and observation of traditional practices enrich the journey and develop important ties.

## **Wash away the trek exhaustion at Tatopani (Hotspring)**

Amidst the challenging and tiring journey of trekking through the Annapurna Circuit, the trail offers a rejuvenating experience of hot springs. The natural thermal hot spring is popular among hikers as they get to soak in the mineral-rich water surrounded by gorgeous mountains. A place to relax after long days of trekking in a hot spring while socializing among other trekkers from around the world will truly be revitalizing and one of the highlights of the trek.

## **Is the Annapurna Circuit Trek for you?**

There are a few factors that need to be taken into account before deciding on the 15-day trek. First is having a good physical fitness level, as the trek requires long hours of walking through rough terrain and often at high altitudes. Thus, physically preparing yourself for exercise and outdoor activities such as hiking and running etc. two weeks or a month prior to the Annapurna Circuit Trek is crucial.

Having good endurance not only makes the trek more enjoyable but also minimizes the probability of altitude-related sickness. Equally important as physical strength, mental strength plays a crucial role in making the trek successful. Your perseverance and willingness to push through any situation can help make your trekking experience smooth.

While the Annapurna Circuit Trek is suitable for both beginners and experienced trekkers,

having prior experience in trekking, especially at high altitudes, can be advantageous for your trek. This trek requires multiple hours of trekking at high altitudes and spending the night.

From 3000 meters to 5000 meters, acclimatization is essential to avoid acute mountain sickness. Making sure to hydrate adequately and eat a balanced meal will undoubtedly enhance your trekking experience. Annapurna circuit trek itinerary for 15 days is comfortable and beginner-friendly as well, and the total distance covers about 160 kilometers.

The [food and accommodation during the Annapurna circuit trek](https://www.alpineramble.com/the-foods-in-nepal) (<https://www.alpineramble.com/the-foods-in-nepal>) (<https://www.alpineramble.com/altitude-acclimatization-for-trekking-10-golden-rules>) are convenient but not at a high level. The rooms at the local tea houses or trekking lodges are usually not heated, and there is a wide variety of food available from the local hotel menus.

## **The Annapurna Circuit Trek Cost Information for Guides, Porters, Flights, and Permits: 2024-2025**

For the Annapurna Circuit Trek, we have a general price list; however, the cost of each package varies based on the number of trekking days and the kind of service you choose. We provide you with a range of offers and incentives that are customized just for you!

With A-One services, Alpine Ramble Treks offers the best package at an affordable price. The following is discussed below, covering everything from the general pricing list to specifics on guides, porters, transportation, and permit costs:

### **The Annapurna Circuit Trek Transportation Cost**

Depending on your choice of mode of transportation, the cost will vary. For example, local

buses are cheaper compared to private vehicles or domestic flights. Of course, local buses will take longer to reach the destination and will come with a local experience. Here is a list of transportation costs for different modes: The **road condition** in the Annapurna circuit area is not paved yet.

- Kathamndu - Besishar and Jomsome- Tatopani to Pokhara and Kathmandu by bus: US\$40-50 per person for a round trip is included in the package.
- Jomsom- Pokahra flight cost: US\$150 per person (Add-On)
- Pokahra to Kathamndu flight costs US\$106 per person (Add-On)
- Private Jeep Cost for Kathamndu- Besishar: US\$200 for reserve (Add-On)
- Private Jeep Cost from Jomsom or Muktinath to Pokahra: US\$350 for reserve (Add-On)
- Private Jeep Cost from Pokahra to Kathamndu: US\$190 for reserve (Add-On)

### Explore the Majestic Annapurna Circuit with a 10 % Off-season Exclusive Discount.

Book your off-season trek for **June-August** now and save! This limited-time offer lets you explore the wonders of the Annapurna Circuit at an unbeatable price. So, what are you waiting for? Book the trek now and save big with our special discount offer!

### The Annapurna Circuit Trekking Cost and Booking Available for 2024/2025

Starting from USD 979 per person to a price depending on group size, the full information list on the cost of a 15-day Annapurna Circuit Trek is shown in the table below:

No. of Pax	Starting Price
1	US\$ 1155
2	US\$ 970
3-5	US \$ 870



6-10	US\$ 799
11-15	US\$ 700
16 above pax	US\$ 690

### **TIMS Card and Permit cost for Annapurna Circuit Trek**

TIMS (Trekker's Information Management System) is a requirement for all trekkers. In addition to the TIMS card, trekkers must get permission before accessing the Annapurna Conservation Area. Your company manages the TIMS and permit cards for you, but if you plan to go alone, you must pay for them yourself. The TIMS and permission cards cost US\$20 and \$30, respectively.

### **Guide and Porter cost for Annapurna Circuit Trek per day.**

The **guide charges \$35 USD per day**, while the **porter charges \$25 USD per day**, covering transportation, lodging, and meals. The package includes the cost of the guide, but if you want to hire a porter, there's an additional price. Tips are highly appreciated for the diligent effort and superior services provided by guides and porters.

### **Annapurna Circuit Trek Price: Age below 8-year discount**

The cost for the Annapurna Circuit Trek is US\$ 979 per person, but if you have kids under 8 years of age, we offer a 10% discount. Now you can enjoy the trek with your kids and have that special bonding moment!

### **Annapurna Circuit Trek Cost for Indian Customers**

For our Indian guests who are looking forward to trekking the Annapurna Circuit Trail, we have a special offer discount of 10% of our general package per person. With us, you can enjoy the same package at a discounted price!



### **Annapurna Circuit Trek Cost for Students Group**

Our services are also accessible to student groups interested in trekking the Annapurna Circuit. We provide discounts depending on the size of the group. Whether for research or entertainment, get the best deal at a reasonable price with a discount. Contact us via WhatsApp for further information.

### **Cost for Yoga Group: Annapurna Circuit**

Yoga Trek is an excellent way to immerse yourself in the spirituality of the mountains and discover inner serenity. We provide a unique yoga retreat journey with a certified yoga instructor and guide. The Yoga Retreat Trek to the Annapurna Circuit Trek costs an additional 5% of our regular package price. If you're interested, please contact us through WhatsApp; our offer will not disappoint.

### **Annapurna Circuit Trek Cost for Cycling Group**

Our services are also offered to biking enthusiasts! Mountain biking on the Annapurna Circuit Trail is quite popular, so if you are a thrill seeker looking to bike through massive mountains and deep valleys, contact us over WhatsApp for more information.

### **Annapurna Circuit Trek: Upgraded Accommodation Price**

General accommodations do not include rooms with attached bathrooms; hence, if you want to upgrade to a room with an attached bathroom, you must pay an additional fee. With the exception of a few locations, most tea houses offer rooms with attached bathrooms.

### **Personal Expenses During the Annapurna Circuit Trek**

Our plan includes three meals each day: breakfast, lunch, and dinner, with an outlined menu. So, if you want to eat something else, you'll have to pay for it yourself. Services like WIFI, hot water, mineral water, and a hot shower will also incur additional fees. Normally,

you'll need \$20-\$25 every day for personal needs. It will, however, depend on how you manage it.

### **Save Gears and Equipment Costs and Enjoy our Complimentary Services**

One of the key advantages of choosing Alpine Ramble for the Annapurna Circuit trekking is that we provide hiking clothing and equipment, such as sleeping bags, down jackets, and trekking poles, saving you up to \$500. If you prefer to bring your own gear, that's perfectly fine too. This is especially beneficial if you're on a tight budget and want to manage your finances efficiently. Additionally, we offer complimentary services like free **airport pick-up** and **drop-off**, a guided Kathmandu **sightseeing day**, company merchandise, and a farewell dinner.

## **Perks of choosing the Alpine Ramble Treks (ART):**

- A Free day tour in Kathmandu Valley with an ART tour guide.
- Free transfers to and from Tribhuvan International Airport upon arrival and departure by private vehicle by the friendly crew.
- Complimentary use of any necessary trekking equipment, such as sleeping bags, down jackets, duffle bags, walkie-talkies, and an oximeter to monitor your oxygen and pulse.
- There is free access to store the bags/suitcases in Kathmandu.
- Water-purification tablets for trekking
- Supportive medical kit with High altitude sickness tablets.
- Fun souvenirs of your Himalayan adventure: a trekking route map, a t-shirt emblazoned with the Alpine Ramble Treks logo, and a hat!

## **Day to Day Itinerary**

**Day 1: Arrival in Kathmandu and preparation**

**Day 2: Drive from Kathmandu to Besi Shahar**

**Day 3: Drive from Besi Shahar to Chame**

- Day 4: Trek from Chame to Upper Pisang**
- Day 5: Trek from Upper Pisang to Manang**
- Day 6: Acclimatization in Manang**
- Day 7: Trek from Manang to Yak Kharka (can extend to Ledder)**
- Day 8: Trek from Yak Kharka to Thorong Phedi/ High camp**
- Day 9: Trek from Thorong Phedi to Muktinath via Thorong**
- Day 10: Drive from Muktinath to Jomsom, then drive to Tatopani**
- Day 11: Drive from Tatopani to Pokhara**
- Day 12: Drive from Pokhara to Kathmandu**
- Day 13: Reserve day**
- Day 14: Kathmandu valley sightseeing tour**
- Day 15: Final Departure**

## **Cost Includes**

- Free airport transfer on arrival and departures by private vehicles
- Meals on a full-board basis (breakfast, lunch, and dinner/ the main course) during the trek in the mountains.
- Alpine Ramble's experienced, government-licensed, English-speaking trekking guide.
- All salary, food, drinks, accommodation, transport, and insurance for the guide.
- All necessary papers, including the Annapurna conservation permit and TIMS card (Trekking Information Management System),.
- Trekking equipment such as the sleeping bag and down jacket are available on request (optional).
- Trekking lodges (Tea House) throughout the trek.
- Assistant guide for group 6 or above.
- Transportation from Kathmandu – Besishar- Chame, and Jonson - Tatopani - Pokhara - Kathmandu by local sharing bus / Jeep

- Supplementary snacks: energy bar, crackers, cookies, etc.
- Seasonal, fresh fruits are served as dessert every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- Alpine Ramble's complimentary free T-shirt or route map and a duffel bag (if required)
- An oxygen meter to measure your oxygen and pulse level during the trek in the mountain is very useful for all the trekkers to be aware of the high altitude sickness.
- compressive first aid box ( guide will carry it throughout the trek).
- Emergency rescue operation assistance in arranging in case of complex health conditions (funded by your Travel Insurance)
- All government, Local taxes, and official Expenses
- 10% OF ALL PROCEEDINGS GOES TO SUPPORT OUR SOCIAL IMPACTS.

## **Cost Excludes**

- Nepal entry visa fees (you can obtain a visa quickly upon your arrival at Tribhuvan International Airport in Kathmandu, Nepal). \$25 USD for 15 visa.
- Extra accommodations and meals before and after the Anapurna base camp trek.
- International airfare.
- Personal expenses such as shopping, hot showers, hot and cold drinks, alcohol, snacks, water, Wi-Fi, battery re-charge, heater charge, and fee.
- Travel insurance - make sure to cover an emergency high-altitude rescue and evacuation from the high altitude up to 600 m.
- Personal clothing or gear.
- Additional cost, the itinerary modifications or delay caused by out of management control due to the weather condition, illness, change of government policies, strikes, physical condition, etc.
- Tip or show gratitude to the guides, staff, and driver (recommended by local culture).
- And any other expenses that are not mentioned in the price "inclusive section" of

this program.