

## Annapurna Circuit Trek - 17 Days

Most Popular Circuit Trek in Annapurna - The Thorong La Pass Trek 17 Days !

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### What to see & do

Specific information about Annapurna Circuit Trek - 17 Days



Duration  
**17 Days**



Max Altitude  
**5416M**



Ends at  
**Kathmandu**



Group Size  
**10**



Best Season  
**March, April, May and Sept, Oct, Nov**



Trip Grade  
**Strenuous** 



Starts at  
**Kathmandu**



Travel Style  
**Lodge to Lodge Trek**



Transportation  
**Local and Tourist Vehicles**

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## We offer group discount

1 person	US\$1250
2 - 6 person	US\$1125
7 - 10 person	US\$1075

[BOOK A TRIP](#)[SEND INQUIRY](#)[JOIN UPCOMING DEPARTURES](#) based on [18 reviews](#)

From the stunning [Annapurna Base Camp](#) to the world-renowned [Annapurna Circuit](#), the Annapurna region is a paradise for trekkers, mountaineers, and adventure enthusiasts. It is ideal for those who want to commit to a short or long trek featuring remarkable routes packed with subtropical lowlands, Tibetan temples, monasteries, and tea houses. [Annapurna Circuit Trek](#) is therefore regarded as one of the best ways to immerse yourself and experience the majestic Himalayan regions of Nepal. If you want to plan your next trek excursion, this is where you should start. The legendary [Annapurna Circuit trek](#) is one of the best-known routes in the world. The classic trail encircles the entire Annapurna Massif and has been rated highly among trekking communities in Nepal and the world. The [Annapurna Circuit Trek](#) passes through the mesmerizing Marsyangdi River and rises to [Thorong La Pass\(5,416m\)](#). The trail then descends to the bank of the Kali Gandaki River.

Moreover, apart from the serene landscapes, the region provides you the opportunity to experience the multiculturalism of Nepal. Along the trail, you can interact with the native communities of the areas, such as Gurungs, Thakali, and Manangi. During this exciting journey, you will pass through thrilling suspension bridges, adventurous mountain passes, and serene hamlets. Moreover, you will be accompanied by majestic mountain peaks like Mt. Annapurna, Mt. Machhapuchhre, Mt. Dhaulagiri, and others.

## Comprehensive Annapurna Circuit Trek Route Overview and Distance

The total time to complete the [Annapurna Circuit Trek](#) depends on your route, so it can take anywhere from 8 to 22 days and span a distance of 160 km to 230 km. Your journey begins from Bulle after a scenic 8-hour ride from Kathmandu. The trail ahead follows the Marsyangdi River Valley and passes through settlements like Dharapani, Jagat, Pisang, and Chame. Look at the map we provide for a comprehensive [Annapurna Circuit Trek map](#) overview. Moving ahead, on the sixth day of the trek, you will arrive at Manang and spend a day acclimatizing to prepare for the crossing of Thorong La Pass. After the rest of the day, you will resume the hike and head towards Yak Kharka and Thorong Phedi. Eventually, You will go to [Thorong La Pass](#), which connects Manang, Muktinath temple, and Panipauwa village. [Crossing the Thorong La Pass](#), you will finally arrive at Muktinath Temple, a [sacred pilgrimage site](#). We will trek to Tatopani, a famous [hot spring](#) in the region. Religious followers from around the world believe that bathing in the spring water cures skin diseases. The next day, we will leave Tatopani and hike through [rhododendrons](#), magnolia, and birch forests to reach Ghorepani. The following day, you will hike to Poon Hill, a famous vantage point renowned for spectacular views of Annapurna, Dhaulagiri, Nilgiri, Hiuchuki, Tukuche Peak, Macchapuchre, and Gurja Himal. After spending quality time in Poonhill, we will hike to Beri Thanti and back to Pokhara, which concludes our trek. The next day, you will board a bus leaving for Kathmandu. The [Annapurna Circuit trek](#) is for enthusiasts who want to experience an adventurous journey in the majestic Himalayan region of Nepal. In this expedition, you can hike along the trail while enjoying the region's diverse geographical landscape, climate zones, culture, and natural beauty.

## Annapurna Circuit Trek Cost

The total [cost of the Annapurna Circuit trek](#) will generally depend on your total days and route. Factors like transport preferences, accommodation, porters, and other services will also contribute to the total amount. Outfitter Nepal offers a [17 days Annapurna Circuit trek Cost](#) starting from USD 1075. The trip cost always depend on the group size if there is one person cost is 1250 USD.

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Trek through beautiful woodlands, rhododendron forests, and farmlands.

Learn about the culture and tradition of the indigenous people of the Annapurna region.

Explore historical sites and temples in Kathmandu and Pokhara.

Visit Muktinath Temple, which Buddhists and Hindu followers revere.

Explore the largest monastery in Manang, which is in the beautiful town of Braga.

Admire the breathtaking panorama of the magnificent Annapurna Himalayan mountain range.

Witness majestic glaciers, series, lakes, deep gorges, and waterfalls.

Stunning views of Mt. Annapurna, Nilgiri, Thorung Peak, Dhaulagiri, Tukuche Peak, and Lamjung Himal.

## Best Time for the Annapurna Circuit Trek

The Annapurna region is open to trekking in every season in Nepal. To enjoy the natural beauty in full bloom and mesmerizing views of the surrounding landscape, we recommend traveling during the Autumn and Spring seasons.

**Spring Season (March, April, and May):** During this time of the year, most days are sunny with clear blue skies, making it the most sought-after season for trekking in the Annapurna region. The weather conditions are good, with little rain and snowfall. Moreover, lush vegetation will cover the landscape, charming the trail. The temperature in the season of Spring reaches up to 22–23 degrees Celsius during the day and falls below 0 degrees Celsius in high altitude regions like Thoran La Pass at night.

**Autumn season (September, October, and November):** The autumn season in Nepal starts in September and ends in November. Autumn is also known as the festive season, so you can experience different festivals and celebrations. The temperature ranges around 18–20 degrees Celsius and below 0 degrees Celsius at night. On the other hand, the weather conditions are favorable for trekking and other outdoor activities such as cycling, paragliding, and bird watching.

## Is Annapurna Circuit Trek right for you?

Our **Annapurna Circuit Trek package** is a long-distance expedition that involves **17 days of hiking and exploring the mystical land of the Annapurna region**. During the trip, you will spend nights at altitudes over 5000 meters, resting for a few days to acclimatize to the effects of the atmospheric changes and high altitude. Also, remember that due to the nature of the trip, you might experience unexpected weather changes during the trek. If such circumstances occur, your group leader will arrange to continue, halt, or stop the expedition. Further, read our gear and packing list for the trek, and remember to bring along what's necessary.

## Annapurna Circuit Trek Difficulty

The **Annapurna Circuit Trek difficulty** level is graded as challenging. The trek's extreme elevation significantly contributes to its difficulty. Thorong La is the highest altitude pass in the area, located at an astounding altitude of 5,416m; further, the pass will be closed most of the year due to the extreme cold and heavy snowfall. During the trek, you will be hiking under challenging terrains, which are frequently steep and rocky, contributing to the complicated nature of the trek. In general, you will walk for 5-6 hours on most days of the trek and ascend to the higher elevation area of the region. The trek will consist of rest days, allowing your body to acclimate to the increasing elevation. The **Annapurna Circuit Trek** is a challenging journey involving long hikes, steep ascents, and descents in the remote parts of the Annapurna region.

## How to Prepare Yourself for the Trek

Please remember that the fitter you are, the more you can enjoy the trek. So, physical preparation is essential for a successful **Annapurna Circuit Trek**. Building your core strength and endurance will help prevent your muscles from straining too much. Consider doing the following exercises to elevate your fitness for the exciting journey ahead.

**Cardiovascular exercises:** Engage in running, swimming, brisk walking, and cycling.

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## Itinerary

Trip day to day detail itinerary

Expand all

DAY  
01

**Arrive at Kathmandu Airport and transfer to the hotel**

DAY  
02

**Drive from Kathmandu to Chamje via Besisahar**

DAY  
03

**Trek from Chamje to Dharapani**

DAY  
04

**Trek from Dharapani to Chame**

DAY  
05

**Trek from Chame to Pisang**

DAY  
06

**Trek from Pisang to Manang**

DAY  
07

**A day for rest at Manang for acclimatization**

DAY  
08

**Trek from Manang to Yak Kharka**

DAY  
09

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10

## Trek from Thorung Phedi to Muktinath via Thorung La Pass

DAY

11

## Visit Muktinath Temple and Trek from Muktinath to Jomsom

DAY

12

## Drive from Jomsom to Tatopani

DAY

13

## Trek from Tatopani to Shikha

DAY

14

## Trek from Shikha to Ghorepani

DAY

15

## Sunrise Hike to Poonhill, Trek to Hile, and Drive to Pokhara

DAY

16

## Drive from Pokhara to Kathmandu

DAY

17

## Transfer to international airport for your connecting flight home

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## Trip Map

Day to day route map and altitude graph

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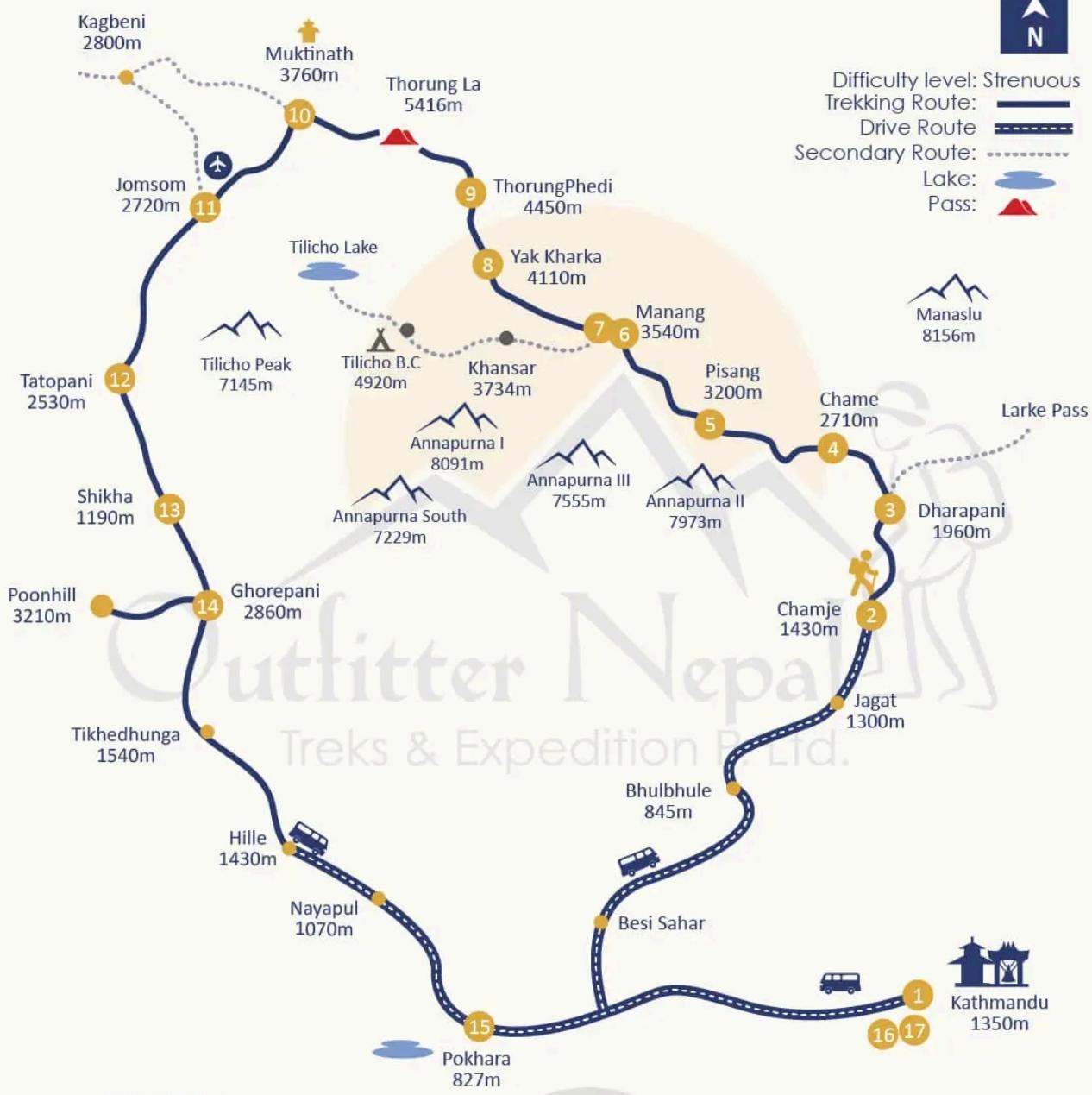


# ANNAPURNA CIRCUIT TREK

17  
DAYS



Difficulty level: Strenuous  
 Trekking Route: ———  
 Drive Route: - - - - -  
 Secondary Route: .....  
 Lake:   
 Pass:



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## Cost Details

Good to know before trip booking

### What's Included

Airport transfers by private vehicles  
2 nights' accommodation in Kathmandu with breakfast  
1 night's accommodation in Pokhara with breakfast  
Ground transport (Kathmandu - Chamje, Jomsom - Tatopani, Hile - Pokhara, Pokhara - Kathmandu)  
All meals (breakfast, lunch, and dinner) while on the trek  
Accommodations in basic mountain lodges or tea houses on the trek  
A guide and porters (1 porter carries a total of 22 kg from 2 trekkers)  
Paperwork, Annapurna Conservation Permit, and TIMS card  
Arrangement of emergency helicopter service paid by your travel insurance company  
Down jacket, sleeping bag, and duffel bag – if necessary (return after trek)  
Farewell dinner on your last night in Kathmandu.  
A trekking map, T-shirt, and a Cap  
Well-equipped first aid kit with oximeter  
All the Government Tax, VAT, etc.

### What's not Included

Nepal Entry Visa Fee (easily issuable upon arrival at Tribhuvan International Airport, Kathmandu)  
Travel insurance (mandatory)  
Meals (lunch and dinner at Kathmandu and Pokhara)  
Personal expenses (snacks, drinking water, beverages, bar bills, etc.)  
Laundry and telephone bills  
Hot shower, hot drinking water, battery charging, internet charge while on the trek  
Tips for guide and porters (expected)  
Anything not mentioned in the Included section

### Add-Ons & Options

Outfitter Nepal Treks and Expedition introduces an extensive selection of add-ons that you can add to the standard trekking packages at the time of checkout. These premium add-on options are designed to customize your trips according to your liking without any hassle. Add an extra night's accommodation in Kathmandu or a private vehicle to the trailhead with just a couple of clicks. Enjoy your Annapurna Circuit trip to the fullest with our tailor-made add-ons!

**Extra Night in Kathmandu:** Need accommodation for extra nights in Kathmandu? Add a single room for \$40 per night and a double room for \$45 per night in a 3-star hotel with breakfast.

**Single Supplement:** Want some privacy during the trek? You can now get a whole room to yourself at teahouses and lodges during the entire journey by paying an extra \$300. By adding this add-on, you no longer have to share your teahouse room with fellow trekkers.

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**Pokhara to Kathmandu Flight with Airport Pickup and Drop:** Don't want to spend a whole day on the road? Skip the lengthy and uncomfortable bus ride from Pokhara to Kathmandu and book yourself a flight for just \$120. You can use that time to explore the beautiful lake city of Pokhara instead. The price includes a free airport pickup and dropoff. Isn't that a deal?

**Pokhara to Kathmandu in a Private Vehicle:** Not a fan of bus rides? Now, you can travel in comfort from Pokhara to Kathmandu in a private car for an additional cost of \$130. Travel at your own pace with frequent stops to admire the scenery along the way. Extra bonus for a group, you can share the car fare amongst each other but not more than 3 people.

#### How to get Add-ons on my trip?

Customizing your trip is now easier than ever! Follow these simple steps to get add-ons:

1. Go to your desired trip package.
2. Choose your favorable date.
3. Click on "ADD TO CART."
4. Select the number of travelers.
5. Select the required Add-ons.
6. Click on "Checkout."



## Dates & Prices

Book your trip with confidence

### Select a departure month

AUG 2024	SEP 2024	OCT 2024	NOV 2024
DEC 2024	JAN 2025	FEB 2025	MAR 2025
APR 2025	MAY 2025	JUN 2025	JUL 2025
AUG 2025	SEP 2025	OCT 2025	NOV 2025
DEC 2025			

### Showing Departure of Aug 2024

STARTS: WEDNESDAY  
**AUG 21, 2024**

PRICE (Per Person)  
**US\$1125**

ENDS: FRIDAY  
**SEP 06, 2024**

AVAILABILITY  
**GUARANTEED**

[BOOK NOW](#)

STARTS: WEDNESDAY  
**AUG 28, 2024**

PRICE (Per Person)

ENDS: FRIDAY  
**SEP 13, 2024**

AVAILABILITY

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- We have set date to departure the Annapurna circuit trek. So, select your date and book the trek.
- If your preferred date is not listed then contact us for the further process to book on your own date as the trek is available on any date of the year.
- We have listed the price for up to 10 people only so, if you are more than 10 people then please contact us for the group price and further process to book the trek.
- Private trek is available on any date of the year, contact us for the booking.
- Single persons are welcome to join the trek and single people have single room in Kathmandu & Pokhara and have to share room in the mountain lodge on trek cause of the less number of lodge and rooms available on remote mountain lodges.
- Guaranteed dates are guaranteed to departure and we already have people booked for date.
- Available dates are available to book and become guaranteed once you book for that date.
- Closed dates are closed and not bookable on that date however if you are available only on that date then contact us as we may have some other alternatives.
- The departure dates are your arrival dates in Nepal.

#### MAKE IT A PRIVATE TRIP



## Useful Information

Good to know before you travel

### Meals Available during the Annapurna Circuit Trek

The food and beverages you will have during the **Annapurna Circuit Trek** will be of excellent quality. The menu items will be fresh, locally grown herbs and vegetables. We advise you to try the regional specialties and cuisine during this journey. On the other hand, a variety of Western dishes will also be available in the tea house. Breakfast options include cooked eggs, pancakes, toast, Tibetan bread, porridge, muesli, oatmeal, tea, coffee, and milk. On the other hand, for lunch and dinner, many items will include a variety of soups, dal, bhaat, fried rice, veg and non-veg side dishes, spring rolls, macaroni, chowmein, momo, noodles, ramen, pizza, steaks, and lasagna.

**Note:** We advise you not to consume alcoholic beverages and caffeinated drinks. Consider drinking lemon tea, hot lemon, green tea, and garlic soups.

### Accommodation during Annapurna Circuit Trek:

You will stay in three-star hotels [Accommodation](#) in Kathmandu and Pokhara during the expedition. On the other hand, you will be staying in well-facilitated teahouses and lodges along the trails in the Annapurna region. The tea houses are pleasant with basic amenities, but the facilities might be scarce due to their remote locality as you move to higher elevations. In most places, the tea house will feature a communal dining area with a wooden stove, where travelers gather to warm themselves and discuss their journey. Your room will have a comfortable bed, a warm blanket, a mattress, and a pillow. Some of the tea houses have the feature of an attached bathroom, while others might not. You must pay additional charges to enjoy hot showers, WiFi, and charging.

### Annapurna Circuit Trek Packing List

The [gear and equipment](#) for this trek will generally depend on your travel season. Your luggage limit is 9 kg, so we recommend you bring only the necessary items. Please keep in mind that this equipment will assist you during the expedition, and any absence of crucial gear might compromise your comfort. Here is a list of general items that you must consider bringing along for the trek.

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**Personal Care/Hygiene:** Toothpaste, toothbrush, shampoo, soap, conditioner, body lotion, sunblock, lip protection, towel, toilet paper, tissue, foot powder, hand sanitizer, bug repellent, nail clipper, mirror, shaving kit, dental floss, personal medications.

**Equipment/Gear:** Sleeping bag, UV-protected sunglasses, flashlight, camera, binoculars, duct tape, trash bag, power bank, pen and journal, map, compass, GPS device, rain cover.

## Travel Documents for the Annapurna Circuit Trek

In addition to the packing list, you must also understand the necessary documentation and permits for this epic adventure. To explore the beautiful Annapurna region, you will need the following licenses:

Trekker's Information Management System (TIMS) Card

Annapurna Conservation Area Project (ACAP) Permit

The cost of the ACAO permit is approximately USD 30 in all seasons. The TIMS card costs around USD 15 to 20, depending on your travel season. These cards can be obtained from the Nepal Tourism Board office in Kathmandu. To obtain these permits, you have to provide us with the following documents and information:

Two passport-sized photographs

Copy of passport

Copy of your travel insurance

Start and end of the trek

Entry and exit points of the trek

Emergency contact details in your home country

## Nepal Visa

The Nepal Visa is a crucial travel document you will need while entering the country. You can obtain one by filling out an online form 20 days before your arrival, or you can get one upon your arrival at the Tribhuvan International Airport. The cost of your visa will depend on the number of days you are staying in Nepal.

15 days travel visa- USD 30

30 days travel visa- USD 50

90 days travel visa- USD 125

If you want to learn more about the Nepal Visa process and its costs, you can visit Nepal's Department of Immigration's official website.

## Travel Insurance

A comfortable and safe travel is only possible with comprehensive travel insurance. While traveling to the remote region of Nepal, the cost of emergency evacuation and medical emergencies is concerning. We highly recommend you get travel insurance before you book an exciting trek package with Outfitter Nepal. We also advise you to check the insurance coverage and ensure it covers expenses for medical and rescue operations during the activities involved in the trek. In addition, you must also check if the insurance covers trip cancellation, as all the deposit payments are non-refundable. In Nepal, travel insurance costs between USD 30 and USD 50 for basic plans, which cover trekking up to altitudes of up to 6,000 meters. On the other hand, comprehensive travel insurance with a wide range of coverage will cost you between USD 100 and USD 150.

## Annapurna Circuit Trek Booking Procedure

Outfitter Nepal has been operating treks and tours in Nepal for over a decade. Our company is a registered, government-approved, well-recognized establishment in Nepal's tourism industry. Outfitter Nepal is also a member of the Trekking Association of Nepal

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## FAQs

Annapurna Circuit Trek - 17 Days frequently asked questions

**Is there any WI-FI service during the trek?**

**Is there cell phone coverage on the trekking trails?**

**Are crampons needed to accomplish the Annapurna trek?**

**How to take precautions for Acute Mountain Sickness (AMS) during the circuit trek?**

**Should I carry a medical kit with me, and if so, what things should I add?**

**Group or solo trekking in the Annapurna circuit region?**

**How is trekking in the Annapurna circuit different from trekking in the Everest region?**

**How to save battery on the electronic gadgets during trekking in the higher Himalayas?**

**How do you designate the acclimatization periods for the Annapurna circuit?**

**Is the Annapurna circuit safe for solo women trekkers?**

**Do people camp during their circuit trek?**

**When is the most difficult trek in the Annapurna circuit?**

**How fit do I need to be to go on a circuit trek?**

**What happens if there is an emergency situation and you have to return back to the city?**

**Why Annapurna Circuit Trek?**

**What happens if someone gets sick or unwell during the trek?**

**Is it possible to go trekking in the Annapurna region during winter?**

**How cold is it in the Annapurna Region?**

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**Is travel insurance necessary during the circuit trek?**

**How long do I have to trek every day during the trek duration for Annapurna Circuit?**

**Where does the trek begin and where does it end?**

**Is it possible to drive until Manang?**

**Where is the Annapurna region located?**

**Should I have to carry cash during my circuit trek?**

**Is there any risk of getting altitude sickness during the trekking around Annapurna Circuit?**



## Client Reviews

Travelers talk about Outfitter Nepal

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**5.0** based on 18 reviews

Excellent	18
Very Good	0
Average	0
Poor	0
Terrible	0

Read reviews on



**Peak\_Bagger**

Australia, October 22, 2019



### Excellent Experience

I had an excellent trip with Outfitter Nepal! Arjun was amazing with organizing the trek.

There were no hidden costs or extra fees, and all was ready when I arrived in Nepal (airport pickup, documentation for the...

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C

**Carnthecarps**  
Australia, May 22, 2019



### Excellent Experience

My wife and i recently did the Mini- Annapurna circuit trek offered by Outfitter Nepal and we absolutely loved it. Even before we got to Nepal, Arjun always replied to our emails promptly and gave us all the information we needed. Everything promised by the company was delivered, from the airport pick-up, to the quality accommodation and the excellent guide and porter (thanks Bim and Sunil!!!!).

We had an incredible time walking through the mountains - the Himalayas are something...

[read more +](#)

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### Add-ons Trips

You May Also Like

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Duration: 3 Days

### Chitwan Jungle Safari - 3 Days

Starting from  
**US\$180** per person

based on 2 reviews



Duration: 6 Hours

### Everest Base Camp Helicop

Starting from  
**US\$1100** per person

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