

Annapurna Circuit Trek in Nepal

Quick Facts

Duration:	17
Max Altitude:	5416
Best Season:	Sept - Nov & March - May
Group Size:	5
Accommodation:	4 Star Hotel and Tea House
Route:	Kathmandu to Kathmandu
Difficulty:	Moderate

Trip Overview

The Annapurna Circuit Trek in Nepal is one of the most iconic hiking adventures in Nepal, offering a perfect blend of natural beauty, cultural experiences, and thrilling mountain trails. This classic journey takes trekkers through diverse landscapes, from lush subtropical forests and terraced farmlands to high-altitude deserts and snow-capped peaks. Covering a distance of roughly 160–230 kilometers, depending on the route, the trek typically lasts between 14 and 21 days, allowing for a comfortable pace and time to explore villages along the way.

Trekking the Annapurna Circuit involves crossing several altitudinal zones, with the highest point being Thorong La Pass at 5,416 meters. This variation provides a dynamic hiking experience, from gentle walking along riversides to more challenging trails that demand stamina and focus.

Along the way, you encounter traditional villages, local markets, and monasteries, offering a glimpse into the unique cultures of the region.

Accommodation on the circuit is mostly in cozy teahouses, where you can rest, enjoy local cuisine, and meet fellow hikers. Costs vary depending on your style of travel and choice of lodges, but the journey remains one of the most accessible long treks in the Himalayas.

Whether you are a seasoned hiker or a first-time trekker, walking the Annapurna Circuit promises unforgettable memories, breathtaking landscapes, and a true sense of adventure at every turn.

What is the Classic Annapurna Circuit Trek?



The Classic Annapurna Circuit Trek is a world-famous hiking route in Nepal that takes you around the Annapurna Massif. It combines diverse landscapes, from lush valleys and terraced farmlands to high-altitude deserts and snowy peaks. Along the trail, trekkers experience local cultures, traditional villages, and stunning Himalayan panoramas, making it both a physically rewarding and culturally enriching journey.

Annapurna Circuit Trek Cost

The cost of trekking the Annapurna Circuit can vary depending on your style of travel. On average, budget trekkers spend around \$25–\$35 per day, which covers teahouse accommodation, meals, and basic expenses. Hiring a guide or porter can add \$20–\$30 per day. Overall, a full trek usually costs between \$600–\$1,500 per person for the entire journey, depending on the services you choose.

Annapurna Circuit Trek Distance

The total distance of the Annapurna circuit ranges from approximately 160 km to 230 km, depending on the starting point and side routes you include. Most trekkers cover this distance over multiple days, walking through valleys, crossing rivers, and climbing high mountain passes.

Annapurna Circuit Trek Length

The ACT typically takes 14–21 days to complete, giving hikers enough time to acclimatize, explore local villages, and enjoy the trails without rushing. The exact length depends on your pace and whether you take side trips to places like [Annapurna Base Camp](#) or Tilicho Lake.

Annapurna Circuit Trek Itinerary

A standard Annapurna circuit trek itinerary usually begins in Besisahar or Bhulbhule and follows the Marshyangdi and Kali Gandaki valleys, passing through villages like Manang and Muktinath. The highlight is crossing Thorong La Pass at 5,416 meters. Trekkers then descend through the Mustang region, eventually finishing in Pokhara. Each day involves walking 4–7 hours on trails that vary from gentle paths to steep mountain climbs.

Annapurna Circuit Trek Altitude

The Annapurna circuit trekking altitude starts at around 600–800 meters above sea level and gradually climbs to the highest point, Thorong La Pass, at 5,416 meters. Trekkers experience multiple altitude zones, including subtropical, temperate, alpine, and high-mountain desert regions, which offer unique flora, fauna, and panoramic views.

Annapurna Circuit Trek Accommodation

Accommodation along the circuit is mostly in teahouses, which are simple lodges run by local families. These provide meals, warm rooms, and a chance to interact with fellow trekkers. Some teahouses offer private rooms, while others are shared. Staying in teahouses allows trekkers to rest, acclimatize, and enjoy local hospitality at each stop along



the trail.

Why Trek the Annapurna Circuit with Summit 8000?

Choosing Summit 8000 for your Annapurna Circuit adventure ensures a safe, seamless, and unforgettable trekking experience. Founded by an expert [Fur Gelje Sherpa](#) with over 50 years of mountaineering and trekking experience, Summit 8000 combines decades of knowledge with a deep understanding of the Himalayas.

Your trek is led by highly experienced Sherpas, the people who know these mountains better than anyone. They prioritize safety at every step, guiding you confidently across challenging trails and high passes. From proper acclimatization to secure camping and teahouse arrangements, your well-being is always the first priority. With us, you don't just walk the Annapurna Circuit, you experience it fully, enjoying stunning landscapes, cultural encounters, and the reassurance that every detail is professionally managed. Their expertise transforms a challenging trek into a journey that's both thrilling and safe, giving you memories that last a lifetime.

Detailed Itinerary

Day 1: Arrival in Kathmandu

Upon arrival at Tribhuvan International Airport, you will be warmly welcomed by our experienced Sherpa team and transferred to your hotel in Kathmandu. Take this day to rest and acclimate, or stroll through Thamel's bustling streets filled with shops, cafés, and trekking gear stores. Our team will provide a detailed briefing about the upcoming trek, ensuring that your journey starts with confidence and clarity.

Accommodation: 1400

Meals: Welcome Dinner

Day 2: Kathmandu Sightseeing and Trek Preparation

Explore the spiritual and cultural treasures of Kathmandu, including Pashupatinath Temple and Boudhanath Stupa. You will also attend a trek preparation session with expert guides, who have decades of experience in the Himalayas. This day ensures that both your gear and your knowledge are ready, setting the foundation for a safe and enjoyable trekking adventure.

Accommodation: 1400

Meals: B, L, & D

Day 3: Drive to Besisahar and Trek to Bhulbhule

Drive through scenic landscapes to Besisahar and begin your trek along the Marsyangdi River to Bhulbhule. Walking through charming villages, lush forests, and terraced farmlands, you will experience the rhythm of rural Himalayan life. Stay in a local teahouse, enjoying authentic meals prepared by local families, which adds to the cultural richness of your journey.

Accommodation: 840



Meals: B, L, & D

Day 4: Bhulbhule to Jagat

Trekking from Bhulbhule to Jagat, you will cross rivers, stone bridges, and small villages, immersing yourself in the local culture. The trail gently ascends, allowing you to enjoy the scenic Himalayan backdrop while walking at a comfortable pace. Jagat is a quaint village where you will rest and prepare for the journey ahead.

Accommodation: 1300

Meals: B, L, & D

Day 5: Jagat to Dharapani

Continue trekking along terraced fields, pine forests, and traditional villages to reach Dharapani. The trail passes through local markets and community settlements, giving you a glimpse of daily Himalayan life. Your Sherpa guides ensure safe navigation while sharing expert knowledge about the region's culture and natural history.

Accommodation: 1860

Meals: B, L, & D

Day 6: Dharapani to Chame

Trek through the dramatic landscapes of the Marsyangdi Valley, entering pine forests and passing cascading waterfalls. Chame, the district headquarters of Manang, offers breathtaking views of Annapurna II. Staying in local teahouses allows you to experience the warmth and hospitality of the Himalayan communities while keeping your journey environmentally sustainable.

Accommodation: 2670

Meals: B, L, & D

Day 7: Chame to Pisang

As you ascend, the trail leads through alpine terrain and offers panoramic views of Pisang Peak and Annapurna II. The villages along the way reflect centuries-old traditions, showcasing unique stone houses and Buddhist monasteries. Your guides ensure that the trek remains safe and that cultural respect is maintained at every step.

Accommodation: 3300

Meals: B, L, & D

Day 8: Pisang to Manang

The trek gradually rises toward Manang, passing through Braka and Ngawal villages. The route reveals spectacular mountain views, including Gangapurna and Annapurna III. Manang serves as the perfect location to rest and acclimatize, and local teahouses provide insight into traditional Tibetan-influenced culture.

Accommodation: 3500

Meals: B, L, & D

Day 9: Acclimatization Day in Manang



Spend the day acclimatizing with short hikes around Gangapurna Lake or Ice Lake. This day is crucial for adjusting to high altitudes and preventing altitude sickness. Your guides share knowledge about mountain ecology, local flora, and fauna, emphasizing safe and responsible trekking practices.

Accommodation: 3500

Meals: B, L, & D

Day 10: Manang to Yak Kharka

The trek continues through alpine meadows and yak pastures. Yak Kharka is a serene settlement where you can experience traditional Himalayan herding life. Walking at this altitude offers a unique perspective of the Annapurna range and surrounding peaks.

Accommodation: 400

Meals: B, L, & D

Day 11: Yak Kharka to Thorong Phedi

Ascend gradually toward Thorong Phedi, the base for the high pass. The trail becomes steeper, with glacial streams and rocky paths. Your guides ensure safe progress while monitoring altitude and weather conditions.

Accommodation: 4450

Meals: B, L, & D

Day 12: Thorong Phedi to Muktinath via Thorong La Pass

Start early to cross Thorong La Pass, the highest point of the trek at 5,416 m. Witness breathtaking 360-degree Himalayan panoramas. Descend carefully into the sacred Muktinath area, a unique site revered by both Hindus and Buddhists. This day combines physical challenge, spiritual significance, and awe-inspiring natural beauty.

Accommodation: 5416

Meals: B, L, & D

Day 13: Muktinath to Marpha

Descend through the Kali Gandaki Valley toward Marpha. The trail passes through apple orchards and charming villages, showcasing Mustang's unique cultural and architectural heritage. Your guides highlight the local traditions, making the experience both educational and memorable.

Accommodation: 2700

Meals: B, L, & D

Day 14: Marpha to Tatopani

Trek downhill through terraced fields and riverside trails to reach Tatopani, famous for its natural hot springs. Take the opportunity to relax your muscles in the thermal waters, which have been cherished by local communities for generations.



Accommodation: 1190

Meals: B, L, & D

Day 15: Tatopani to Ghorepani

Climb through rhododendron forests and scenic villages to Ghorepani. The area is renowned for spectacular sunset and sunrise views of Annapurna and Dhaulagiri, offering photographers and trekkers alike unmatched natural beauty.

Accommodation: 2850

Meals: B, L, & D

Day 16: Ghorepani to Poon Hill, Trek to Nayapul, Drive to Pokhara

Wake early for a short hike to Poon Hill to witness a breathtaking Himalayan sunrise. After descending to Nayapul, drive to Pokhara for relaxation by Phewa Lake. This day blends natural beauty, accomplishment, and comfort after the long trek.

Accommodation: 3210

Meals: B, L, & D

Day 17: Drive Back to Kathmandu and Departure

Drive or fly back to Kathmandu for final shopping, sightseeing, or rest. Depart from Tribhuvan International Airport with memories of the Annapurna Circuit etched forever in your mind.

Gears Lists

Head & Sun Protection

- Wide-brimmed hat or cap (sun protection)
- Warm beanie (for cold evenings)
- Buff or neck gaiter
- Sunglasses with UV protection
- Sunscreen SPF 50+
- Lip balm with SPF

Upper Body Layers

- Moisture-wicking base layer (long-sleeve t-shirt)
- Lightweight trekking t-shirts (synthetic or merino wool)
- Fleece jacket or pullover (insulation layer)
- Down or synthetic insulated jacket (for high-altitude cold)
- Lightweight waterproof jacket (Gore-Tex or similar)



Lower Body Layers

- Comfortable trekking pants (quick-dry)
- Thermal leggings (for cold nights and high altitudes)
- Waterproof rain pants
- Shorts (optional for lower altitudes)

Footwear & Accessories

- Trekking boots (well-broken-in, waterproof)
- Hiking socks (merino or synthetic, multiple pairs)
- Gaiters (to prevent dirt and snow from entering boots)
- Camp shoes or sandals (for evenings in teahouses)
- Trekking poles (highly recommended for long distances and steep trails)

Travel Documents & Essentials

- Passport & visa
- Trekking permits (ACAP, TIMS)
- Travel insurance documents
- Cash (Nepali rupees, small denominations)
- Map or guidebook (optional)
- Notebook & pen (optional)

Personal & Medical Kits

- Basic first-aid kit (bandages, antiseptic, blister plasters)
- Personal medications (as prescribed)
- Painkillers & altitude sickness medication (consult doctor)
- Hand sanitizer & wet wipes
- Toiletries (toothbrush, toothpaste, biodegradable soap)
- Toilet paper or tissues
- Sunscreen and lip balm

Sleeping & Camping (if needed)

- Sleeping bag (rated for -10°C to -15°C)
- Lightweight liner (optional)
- Travel pillow (optional)



Miscellaneous Items

- Daypack (20–30 L for daily trekking)
- Waterproof backpack cover
- Water bottles / hydration bladder (2–3 L capacity)
- Snacks (energy bars, nuts, chocolates)
- Camera or smartphone with power bank
- Headlamp with extra batteries
- Lightweight trekking towel
- Plastic bags or dry sacks (for keeping clothes dry)
- Trekking guide / trekking app (optional)

Cost Includes

1. Led by certified guides and Sherpas with decades of Himalayan expertise.
2. Comfortable lodges along the trail for all nights of the trek.
3. Breakfast, lunch, and dinner during trekking days.
4. Pick-up and drop-off from Tribhuvan International Airport in Kathmandu.
5. Annapurna Conservation Area Permit (ACAP) and TIMS card.
6. Kathmandu to the starting point of the trek (Bhulbhule) and return from Pokhara.
7. First-aid kits and high-altitude safety guidance.
8. Pre-trek briefing, route guidance, and packing advice.
9. Knowledgeable insight into local customs, flora, fauna, and responsible trekking practices.

Cost Excludes

1. Flight tickets to and from Nepal.
2. Sleeping bags, trekking poles, personal clothing, and footwear.
3. Mandatory travel and trekking insurance, including medical evacuation.
4. Sightseeing, adventure sports, or side trips during free days.
5. Tips for guides, porters, or drivers.

