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Annapurna Circuit

Trip Facts

Difficulty Challenging	**Max Altitude** 5,416m/17,769ft	**Accommodation** Standard Hotels (Pokhara / Kathmandu) & Tea houses (Trek)	**Meals**
Activity Trekking	**Best Season** Autumn (Sept–Nov) & Spring (Mar–May)	**Start / End Point**	**Duration** 13 Days

Trip Overview

Annapurna circuit is one of the most iconic trekking routes, spanning roughly of 200 km. The trail showcases a stunning transitional landscape, shifting from lush subtropical river valleys and agricultural terraces to high alpine deserts. Located within the protected Annapurna conservation area, the region is also home to spectacular high altitude glacier lakes, like ice lake and Tilicho lakes. Along the way, trekkers walk through ancient culturally rich villages, with the lower sections populated by Gurung and Magar communities, while the upper valleys are deeply rooted in Tibetan Buddhism and Bon spiritual traditions.

Tilicho lake is world highest fresh water lake residing in 4,900 m above sea level.

Trip Itinerary

Day 1 - Arrival in Kathmandu & Welcome Briefing

Difficulty	**Max altitude** 1,400m/4,593ft	**Accommodation**	**Meals**

Day 2 - Drive from Kathmandu to Chame via Besisahar

Difficulty	**Max altitude** 2,670m/8,760ft	**Accommodation**	**Meals**

Day 3 - Trek from Chame to Upper Pisang

Difficulty	**Max altitude** 3,300m/10,827ft	**Accommodation**	**Meals**

Day 4 - Trek from Upper Pisang to Manang via Ngawal

Difficulty	Max altitude 3,540m/11,614ft	Accommodation	Meals

Day 5 - Mandatory Acclimatization Day in Manang

Difficulty	Max altitude 3,540m/11,614ft	Accommodation	Meals

Day 6 - Trek from Manang to Tilicho Base Camp via Siri Kharka

Difficulty	Max altitude 4,150m/13,615ft	Accommodation	Meals

Day 7 - Hike to Tilicho Lake & Return to Siri Kharka

Difficulty	Max altitude 4,919m/16,138ft	Accommodation	Meals

Day 8 - Trek from Siri Kharka to Yak Kharka

Difficulty	Max altitude 4,050m/13,287ft	Accommodation	Meals

Day 9 - Trek from Yak Kharka to Thorong Phedi

Difficulty	Max altitude 4,540m/14,895ft	Accommodation	Meals

Day 10 - Cross Thorong La Pass to Sacred Muktinath

Difficulty	Max altitude 5,416m/17,769ft	Accommodation	Meals

Day 11 - Drive from Muktinath to Pokhara via Jomsom

Difficulty	Max altitude 3,760m/12,336ft	Accommodation	Meals

Day 12 - Travel Back from Pokhara to Kathmandu

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals

Day 13 - Final Departure from Nepal

Cost Includes & Excludes

Includes:

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- 2 nights accommodations during Kathmandu stay in twin sharing basis.
- 1 night accommodations during Pokhara stay in twin sharing basis.
- Internal ground transfer by local bus, Jeep and by tourist bus from Pokhara to Kathmandu.
- Required Permits & Fees: 1. Annapurna conservation Park Entry Permit. 2. TIMS (Trekkers' Information Management Systems) card if applicable.
- Accommodation Along the Trail: 1. Standard twin-sharing rooms in local tea houses or mountain lodges for 9 nights.
- Trekking Support Staff: 1. Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2. Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: 1. Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the tea house menu. 2. Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:

- International Travel Costs: 1. International airfare to and from Kathmandu. 2. Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Single Supplementary fee
- Internal flight transfer.
- Travel and Emergency Insurance: 1. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & Pokhara and extra stay in Kathmandu/Pokhara hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.
- Trail Luxuries & Services (Tea house Add-on): 1. Hot Showers: Gas or solar-heated showers cost between $3 to $7 USD per shower (prices increase with altitude). 2. Device Charging: Power banks, phones, and camera battery charging cost $2 to $5 USD per full charge. 3. Wi-Fi / Connectivity: AirLED or Everest Link Wi-Fi prepaid cards cost roughly $5 to $10 USD for a set amount of data. 4. Drinking Water: Bottled water costs $1 to $4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).
- Personal Trekking Gear: 1. Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around $1 to $2 a day).
- Beverages & Snacks: 1. Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items at trail cafes.
- Tips & Gratitude: 1. Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening.

FAQs

Best Time to Visit
October to November offers the clearest skies and best mountain views, while March to April brings beautiful blooming rhododendrons.

Trek Duration
Routes range from short 3-day hikes (like Poon Hill) to epic 12-to-22-day journeys (like the full Annapurna Circuit).

Required Permits
Trekkers need the ACAP Permit and a TIMS Card, both of which Himal Trek Nepal handles completely for our clients.

Solo Trekking Rules
Nepal restricts solo trekking in most mountain regions; our agency provides licensed, experienced guides to ensure full legal compliance and safety.