

Annapurna Circuit Trek - 14 Days

URL: <https://himalaya-discovery.com/trip/annapurna-circuit-trek-14-days/>

Trip Code WTE-398	Destination Nepal	Activity Trekking in Nepal
Start / End Point Kathmandu / Kathmandu14 (TRIP), Dharapani / Pokhara(trek)	Duration	Per Person From USD 985
Accommodation Lodge Nepal lodges, also known as teahouses, are basic yet cozy accommodations found along trekking routes.	Region Annapurna	Max. Altitude 5,416m.
Nature Of Trek Guesthouse to Guesthouse trekking	Best Season March to August, September to November.	Activity Per Day 4 to 6 hrs.
Group Size 1 - 12	BLD Breakfast, Lunch, Dinner	Moderate to Demanding

Highlights of Annapurna Circuit Trek

- Explore the majestic Himalayas in the north, featuring iconic peaks such as Annapurna, Dhaulagiri, Machhapuchhre, Himchuli, and more.
- Embark on a challenging hike to the Thorong La Pass, reaching an elevation of 5,416 meters above sea level.
- Discover the cultural richness of Jomsom and Muktinath, immersing yourself in the diverse traditions of these places.
- Engage in religious rituals at Muktinath and explore the significance of the 108 Sprouts and the Eternal Flame.
- Visit Tibetan Monasteries in Manang and the charming Braga Village, gaining insights into the local religious and cultural practices.

- Experience cross-cultural activities along the Annapurna Circuit Trail, fostering a deeper understanding of the region's diversity.

Annapurna Circuit Trek Overview

What is the first image that comes to mind when you imagine Nepal?

The most common answers we receive are “mountains,” “cliff faces,” and “Sherpas.” But what if we tell you that the Annapurna Circuit 14 Days takes you through dense jungle and sprawling rice fields in the clouds? Or that one second you're forging a path through undergrowth, the next you're walking on snow-capped mountains?

Passing through several distinct landscapes, this legendary trek around the Annapurna Mountain range—named after the Hindu goddess of food and nourishment—feeds the soul and heals the mind. You loop from the cobwebs of everyday life as you loop from one village to the next, and after going through the highest point at Thorong La Pass (5,416m), you walk down the mountain feeling cleansed.

Is Annapurna Circuit Trek 14 Days for you?

Of course, the Annapurna Circuit Trek 14 days is certainly for you. If you are craving for the natural wonders and the landscapes along with the scenery of the Himalayas, we highly recommend this trek for you.

The 14-day Annapurna Circuit Trek is moderately-difficult, so trekkers should expect physical challenges as well as difficulties with the remote terrain. This is a suitable route if you have experience trekking.

Trekkers need to be physically fit for this trek because it has remote and rocky areas with tough trails. Walking through these places can be hard, and altitude is high. So, if you're not used to high altitudes, train beforehand. Having a guide during the Annapurna Circuit Trek is highly recommended.

2 Week Itinerary for Trekkers (Annapurna Circuit Trek - 14 Days)

The 2-week Annapurna Circuit Trekking Itinerary is carefully crafted by our professional guides, who have been trekking the Annapurna region for years. The 14-day trekking and hiking adventure is designed for families, friends and adventure enthusiasts of all ages. It includes stunning mountain views, diverse landscapes and nature as well as cultural exposure. Each day offers a good balance between trekking hardship and leisure.

After a scenic drive to the trailhead, you will gradually ascend through lush forests to Pisang Village before reaching a high-altitude pass like the notorious Thorong La Pass (5,416m). We spend several nights, along with days, cultivating your acclimatization process so as to ensure the successful completion of the hike on schedule. This trek suits both professional hikers and novice first-time adventurers who wish to experience a once-in-a-lifetime journey in the Nepal Himalayas.

Conquering One of The High Passes with Himalaya Discovery's Expert Sherpa Guides

The Annapurna Circuit's highest point is the Thorong La Pass (5,416m/17,769ft). With the expertise of Himalaya Discovery's best Sherpa and trekking guides, this journey is both awe-inspiring and safe.

Our experienced guides will not only navigate you through challenging trails but also take you through a deep cultural understanding of the local inhabitants, sharing their historical knowledge as well as insights into the Himalayan ecosystem - their vast wealth of knowledge ensures your safety and allows for proper acclimatization to increase your success rate on this extraordinary adventure.

There simply is no greater place to experience Nepal or Himalayan travel adventures than in Kathmandu, Nepal, where we call home.



Yak Kharka Awaits: An Unforgettable Day of Annapurna Trekking

When is the perfect time to do this trek?

Taking the [Annapurna Circuit Trek](#) 14 Days is a wonderful adventure, especially in the Autumn (September-November) and Spring (March-May). During these times, the weather is nice, and the sky is clear, giving you a beautiful view of the Himalayas in the north. You can have amazing views of not only the Himalayas but also charming villages and lush green forests of the Annapurna region.

Especially during the Spring and Autumn seasons, the weather is very stable, calm and friendly. The probability of the rainfall and snowfall during these times are very low around the Annapurna region.

With the clear views of the surroundings, trekkers can delve themselves into one of the most attractive landscapes in the world. Besides, you can look deeper into the Nepalese culture and tradition as major festivals like Dashain, Tihar, Nepali New Year, and others fall in the Autumn and Spring seasons.

What are permits needed for Annapurna Circuit Trek 14 Days?

The [Annapurna Circuit](#) lies within the restricted zone of the Annapurna Conservation Area and trekkers require permissions to enter its premises. The Conservation Area is home to various endangered species,

including the Snow Leopard, Blue Sheep, Himalayan Tahr, and numerous others.

It's essential to adhere to these regulations to ensure the protection of the unique and diverse ecosystem in this region. Your cooperation in obtaining the necessary permits plays a crucial role in supporting conservation efforts and maintaining the delicate balance of this natural habitat.

When undertaking our 14-day Annapurna Circuit Trek, it's essential to secure the required permits. These include the Annapurna Conservation Area Permit (ACAP) and the TIMS Card, necessary for entry into the region. To obtain these permits, visit the Tourism Board in Kathmandu, where you'll need to submit documents such as photographs, visa copies, and relevant travel documents.

To access the [Annapurna](#) Conservation Area, foreign trekkers are required to obtain a permit, priced at approximately NPR. 3,000 per person per entry. However, trekkers from SAARC countries such as India, Sri Lanka, Bangladesh, and Afghanistan enjoy a reduced fee of NPR. 1,000 per person per entry.

Moreover, there are no fees or permits required for trekking in the Annapurna Circuit if you are under the age of 10. Additionally, the fee for the TIMS Card (Trekking Information Management System) is NPR 2,000 for foreign trekkers and NPR 1,000 for citizens of South Asian countries (SAARC).

Trip Itinerary

The 14-day Annapurna Circuit Trek Itinerary takes you on a journey in the heart of the Himalayas. Walk through lush fields and oak forests home to langur monkeys and cross icy rivers with spectacular waterfalls cascading down from glaciers. Explore Buddhist monasteries perched high on mountain ridges, where colorful prayer flags flutter furiously in the wind.

Day 01: Arrive in Kathmandu.

This is the first day of your trekking package in Nepal. You will arrive at Tribhuvan International Airport from your home country. Our officials will be waiting for you in the Airport and later, they will escort you to your respective hotels.

Trek Distance:

Free day

Trek Duration

Free day

Highest Altitude:

1400 meters

Meals:

Breakfast

Accommodations:

Hotels

Day 02: Drive to Chame

We wake up early, our driving journey starts in the morning from Kathmandu to Chame via Besisahar by Toyota Hiace minibus then by jeep to Chame. You will drive through scenic foothills and ridge line vistas along the Trishuli River.

From Muglin, you follow the Pokhara highway till Durme then turned towards the north to Besisahar along the Marshyangdi River enjoying Mountain views, terraces field and green hills. Overnight at

guesthouse.

Trek Distance:

Approx 240 km

Trek Duration

9 hours drive

Highest Altitude:

2710 m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guest house

Day 03: Trek to Pisang

On the third day, your Annapurna Circuit Trek takes you to picturesque Pisang village, amidst towering mountains. You'll walk slowly after a leisurely breakfast through a fragrant pine forest, its scent mingled with that of the Rhododendrons.

The goal is to reach Pisang. This begins the journey slowly toward Bhartang. The terrain today is mainly flat, with some rocky patches. Along the way, see breathtaking glimpses of snow-capped mountains and rivers. Travelers drink in the splendor of Nepal's mountain region.

Past Bhartang, the trail leads to Dhukur Pokhari through several suspension bridges. On the way is SwargaDwari, a sacred site on a distant hill. It will take about 5-6 hours to make the journey to Lower Pisang (3,200m).

But the trek is not over yet. You'll be climbing up to Upper Pisang (3,300 m). Tonight you'll take your ease here amidst the beauty of Himalayan civilization. Relish the sweeping vistas of Chulu peaks, Tilichi, Annapurna massifs and Nawal peaks from this elevated spot.

Trek Distance:

15 km

Trek Duration

5 - 6 hours

Highest Altitude:

3200m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guest house

Day 04: Trek to Manang

The journey to Manang begins, following a big breakfast in Pisang. The Himalayan trekking routes pass by Manang, an advanced civilization which attracts many trekkers who take an extra day to visit its historical sites and acclimate to the high altitude.

Today's journey, which takes around 6-7 hours, follows the flat path to Manang Valley to an altitude of 6,540 meters. On the route, you'll pass through Braga, a Tibetan village with distinctive architecture; Gompa, museum; and Himalayan-style lodges.

Along the way there are Tibetan-style painted Mandalas, dragon mouths and yak grazing fields. You can feast your eyes on the mighty Annapurna II, III, Gangapurna and Chulu Peak from Manang. As you prepare for a restful night, accommodations and meals are provided at the best available lodge.

Trek Distance:

11 km

Trek Duration

5 hours

Highest Altitude:

3540m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guest house

Day 05: Acclimatization in Manang

Trekking above 3000 meters means you have to acclimate, so today is a rest day. Finally, this well-deserved break lets trekkers drink in the high mountain scenery. They can start their day late and enjoy a richly satisfying breakfast with coffee. Most will trek on to Gangapurna Lake, which is just 15 minutes from the resting point.

You can opt to hike to the hillside monastery, offering a stunning view of the Himalayas, and visit Tibetan-inspired gompas and monasteries. Following exploration, return to the lodge for a delicious meal and a restful night's sleep before resuming the Annapurna circuit the next day.

Trek Distance:

Free Day

Trek Duration

Free Day

Highest Altitude:

3,519 m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guest house

Day 06: Trek to Yak Kharka

The hike through Manang is the most demanding of trekkers. After a rich breakfast you climb from the Marsyangdi Valley to Upper-Manang village, Tanki Manag, and on into Gunsang in the Himalayas. The trail next brings the hiker to the Yak Kharka grassland.

The journey to Yak Kharka is hard, but the terrain then becomes easier. If you trek for about 4 or 5 hours, you'll arrive at Yak Kharka in time to rest and eat some delicious food amidst the magnificent Annapurna massifs, Pisang, Gangapurna and other Himalayan gems.

Trek Distance:

approx. 3-5 km

Trek Duration

5 - 6 hrs

Highest Altitude:

4110m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guest house

Day 07: Trek to Thorong Phedi or High Camp

On the seventh day of your hike, there is a short trek to assist acclimatization. The 3-4 hour journey

involves crossing a suspension bridge then making for the junction of Jarsang Khola (4,610 m) and Phedi (4,420 m). Having crossed the grassy fields and a rocky track you will come to Thorong Phedi.

With traditional villages and settlements, this high-mountain area has fabulous views of snow-capped mountains such as the Annapurna massifs, Gangapurna or other Himalayan ranges. One may also catch a glimpse of wildlife like snow leopards, which surface on the icy-rock slopes.

Trek Distance:	Trek Duration	Highest Altitude:
Approx 9 km	4 – 5 hrs	4850m
Meals:	Accommodations:	
Breakfast- Lunch- Dinner	Guest house	

Day 08: Trek to Muktinath via Thorong La Pass

Today, we will embark on a truly memorable experience. The journey commences from Thorong Phedi, leading you to the majestic Thorong La Pass and the sacred destination of Muktinath in the northern region of Nepal. Traverse the less-traveled paths while reveling in the breathtaking vistas of Annapurna, Dhaulagiri, Gangapurna, Himchuli, and more.

Thorong La Pass, standing at an impressive 5416 meters, marks the pinnacle of this trek. The descent from this lofty point to Muktinath unfolds through a steep path, requiring approximately 3-4 hours. Muktinath holds immense cultural and religious significance for both Hindus and Buddhists, offering the chance to engage in holy rituals within the temple premises. The temple boasts 108 sprouts, where, according to Hindu belief, cleansing sins is possible through ritualistic bathing. Additionally, the perpetual flame, burning for centuries, adds to the allure of the region. Following temple exploration, retreat to a nearby tea house for a restful overnight stay.

Trek Distance:	Trek Duration	Highest Altitude:
Approx 16 km	8 – 9 hrs	5416m
Meals:	Accommodations:	
Breakfast- Lunch- Dinner	Guest house	

Day 09: Trek to Marpha

From Muktinath, we will reach Marpha Village today after a long hike of around 5 to 6 hours. Starting our hike early in the morning, we will first set our journey towards Kagbeni.

From Kagbeni, we will proceed towards the remote villages of Ekle Bhatti before reaching Jomsom, a high altitude town with great tourism prospects.

After resting at Jomsom for some time, we will continue our hike downhill towards Marpha at 2670 meters above sea level, where we will stay at a tea house.

Trek Distance:

15-18 km (approx.)

Trek Duration

5 – 6 hours

Highest Altitude:

2,670 m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guest house

Day 10: Drive to Tatopani

On the tenth day of the Annapurna circuit Trek, we will descend all the way down to Tatopani from Marpha. It takes around 4 hours to reach the destination.

We will start our journey from the downhill path that leads us to Chimang and Kalopani. A few hours of hiking from there, we will reach Ghasa and Khopchepani. We must traverse the trail alongside Kali Gandaki to reach the spot.

Trek Distance:

45 km (approx.)

Trek Duration

4 hours Drive

Highest Altitude:

1,190 m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guest house

Day 11: Trek to Ghorepani

Today, we will be on a hike of around 6 to 7 hours from Tatopani to Ghorepani. Starting off our day with a warm breakfast, we will hike towards Shikhaa Village.

Enjoying the green forests and the views of the Himalayas in the north, we will continue walking downhill towards Phalate and Chitre Village. A few hours of extra walk and then we will be at Ghorepani Deurali.

From there, it only takes around an hour and a half to reach Ghorepani.

Trek Distance:

17 km (approx.)

Trek Duration

6 – 7 hours

Highest Altitude:

2860 m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Guest house

Day 12: Hike to Poon Hill and Then to Ulleri / Hile and Drive to Pokhara

On the twelfth day of your journey, most activities will be completed. We will return to Pokhara at the end of this day. But before that, we will hike to Poon Hill for the beautiful scenery of the local surroundings and the Himalayas including Machhapuchhre, Annapurna, and Dhaulagiri.

From there, we will hike towards Ulleri or Hile and catch a bus to return to Pokhara. The journey takes a few hours, offering scenic views of terraced fields, lush green forests, and remote settlements.

Upon arrival in Pokhara, we will be escorted to our respective hotels. Enjoy an overnight stay with amenities such as hot showers, attached bathrooms, and continuous access to electricity and internet services.

Trek Distance:	Trek Duration	Highest Altitude:
45 km Drive and 10 km Trek	2 - 3 hours drive/ 4 - 5 hours Trek	3210 m
Meals:	Accommodations:	
Breakfast- Lunch- Dinner	Hotel	

Day 13: Drive to Kathmandu

On the thirteenth day of the Annapurna Circuit Trek, we will return to Kathmandu by a comfortable tourist bus. The 6-7 hour drive will take us through Tanahun and Dhading districts, offering picturesque views of the Trishuli and Marsyangdi rivers.

We will enjoy the journey back as we pass through lush forests, terraced fields, and charming settlements, taking in diverse landscapes along the way.

Trek Distance:	Trek Duration	Highest Altitude:
Drive Distance: 200	8 - 9 hours	1400 m
Flight Hours:	Meals:	Accommodations:
25 - 30 minutes (optional)	Breakfast- Lunch- Dinner	Hotel

Day 14: Fly home

This is your last day in Nepal. After successfully completing the trek to Annapurna Circuit, you'll now return back to your home country. Our officials will help you reach Tribhuvan International Airport. You'll board a flight back to your home with the beautiful and adventurous memories of Annapurna Circuit Trek in Nepal.

Trek Distance:	Trek Duration	Highest Altitude:
Free Day	Free Day	1400 m
Meals:		
Breakfast		

Price Includes

- Airport transfers pick-up and drop-off.
- Annapurna Conservation Area permits.
- Trekkers' Information Management System (TIMS card) permit.
- Three meals a day (breakfast, lunch, dinner) during the trek.
- Tea/Coffee three times a day.
- Fresh fruit every evening after the dinner.
- All accommodations during the trek.
- English speaking native Sherpa trek guide.
- Porter to carry your luggage during the trek (1 porter for 2 trekkers).
- All necessary paper works and entry permits.
- From Kathmandu to Besisahar by Toyota Hiace van and then by Jeep to Chame.
- Transportations, accommodation, wage, food, insurance, equipment for the guide and porter.
- Himalaya Discovery duffel bag.
- Hiking pole for the trek, if needed.
- Trek map.
- Farewell dinner at typical Nepali restaurant after the trip completion in Kathmandu.

Price Excludes

- International airfare and Nepal visa.
- Tips for guide/porters (Tips is expected)
- Travel insurance which covers emergency Rescue and Evacuation.
- Any others expenses which are not mentioned on the 'Price Includes' section.

Group Discounts Available

No. of Persons	Price per Person
-1+	USD 985

Essential Add-Ons for a Seamless Annapurna Circuit Himalayan Trek

Before or after your Annapurna Circuit Himalayan adventure, Nepal has numerous thrilling activities and tours to offer you for a memorable journey. The following are must-do:

- [Trishuli River Rafting](#)
- [Heli Sightseeing](#)

- [Kathmandu Food Tour](#)
- [Paragliding in Nepal \(Pokhara\)](#)
- [Ultra-Light Flight](#)
- [Kathmandu Day Tour](#)
- Bardia Jungle Safari
- [Chitwan Jungle Safari](#)
- [Bungee Jumping](#)

Sleeping Bag Rental for Your Trek

To ensure that you have a comfortable trekking experience in the Himalayas, we provide 4-season sleeping bags on rent at a nominal charge of USD 30.

Important Note:

If the sleeping bag is lost or damaged beyond repair, you will be required to pay for the full replacement value (\$165 per item).

Personal Porter Assistance

Make the most of your trekking adventure with the help of a personal porter. We provide one porter for every two trekkers to carry up to 25kg of gear, making your trek more enjoyable and comfortable. Or, if you prefer, take a private porter at only US\$20 per day.

Exclusive Private Jeep Transfers

We will be glad to organise a 4×4 Jeep exclusive transfer for you. We will pick you up in Kathmandu and drive with style and comfort all the way to Chame, the starting point of this trek, at a cost of \$380 per transfer. It's your private ride offering the most scenic drive from the city to the trailhead; travel in your rhythm, appreciating striking landscapes.

Essential Information For Trekkers

While the Annapurna Circuit Trek can be rewarding, it surely does take some planning. Below is a concise overview of essential information to help plan your journey:

How Difficult is this trek?

As mentioned above, the [Annapurna Circuit Trek](#) 14 Days is moderately difficult. It means that beginner as well as intermediate and highly experienced trekkers can embark on this trek.

One of the most important things that trekkers must know is they need to walk for around 6 to 8 hours daily. And this might be physically draining for some trekkers. But keeping these things in mind beforehand and preparing oneself with high endurance and stamina will give you the right result.

Embarking on this adventure unfolds a wide range of experiences. Trekkers will embark on a multi-day journey navigating through the unbeaten trails of rocky and slippery landscapes, immersing oneself in the challenge and thrill.

This trek finally leads you to Thorong La Pass, at a towering altitude of 5416 meters, where the air is thin, and altitude sickness can be a really big issue.

Accommodations on the Annapurna Circuit Trek

The Annapurna Circuit has a wide range of accommodations available, from basic teahouses to comfortable lodges. In the lower altitude villages such as Besishahar and Chame, teahouses are fully equipped with clean rooms, hot showers and dining halls. As you gain altitude to places like Manang or Yak Kharka, the lodges become more basic, with shared bathroom facilities and minimal heating.

At even higher altitudes near Thorong La Pass, the facilities are very basic and often require shared space in a dormitory-style room. A good quality sleeping bag is advised for colder nights at these heights. Post-pass towns such as Muktinath and Jomson have better amenities. An advanced booking in peak seasons (September-November) will help assure comfort as well as accommodation.

Meals on the Annapurna Circuit

Meals on the Annapurna Circuit are typically heavy, filling and provided at the teahouses where you'll sleep. Many trekkers opt for unlimited refills of Dal Bhat, a Nepali dish made from rice, lentils and vegetables. Other dishes include noodles (chow mein), fried rice (chow bhat), pancakes (apple or lemon) and soups (tomato, garlic). As is to be expected, prices increase with altitude. Plan on between \$10 and \$20 per day for food.

Tea houses also sell bottled water (boiled or treated with iodine) as well as snacks such as chocolates and crisps. Snacks such as nuts or energy bars can be purchased in Kathmandu if you feel they are necessary during the trek. The teahouses take advantage of their remote location by increasing prices along the trail, so everything becomes more expensive the further you go. In general, it is expected that you will eat breakfast and dinner at your tea house lodge; lunch will be taken at one of the many trail-side teashops en route.

Importance of Travel Insurance for Annapurna Circuit Trekking

Yes, travel insurance is mandatory for Annapurna Circuit. You may face altitude mountain sickness, injury or any other problems in between the trek. Then, you need to be handled by helicopter for evacuation to emergency and rescue sites, which have to be insured. Insurance should cover high-altitude trekking (up to 5000m above), helicopter evacuation, especially in remote areas such as Thorong La Pass, delayed flights, loss of baggage and medical expenses, which are common during the trek.

Make sure your insurance policy already covers it because most travel insurance does not cover Himalayas activities, including Nepal treks, and specifically cancellations as a result of unforeseen events. Also, considering this region is remote with unpredictable weather conditions, comprehensive travel insurance will give you peace of mind.

Important Facilities to Know About Before Your Trek

Begins

Before you set off on your Annapurna Circuit adventure, familiarize yourself with the key amenities that populate the trail. Cozy teahouse accommodations amenities coupled with reliable porter services and hot showers, are in place to make your trek comfortable and stress-free. Preparedness guarantees a rewarding journey in the Himalayas.

Toilet Facility and Hot Showers

The Annapurna Circuit trek offers basic toilet facilities along the trail (squat toilets) in older tea houses. Newer lodges have even started providing Western-style toilets and, in some places, flush systems. It is a good idea to bring your toilet paper/tissues and toiletries, as these may not always be available. For showers, hot water filled in a bucket will be provided at an extra cost of about \$2-\$5, depending on the altitude you are at. Luxury lodges exist primarily around Ghorepani Poon Hill Trek, which comes with attached bathrooms but needs to be pre-booked, and additional charges need to be paid.

Luggage

Porters are available to manage up to 25 kg of luggage between two trekkers, so you will only need to carry around 8- 9 kg. We recommend you pack your belongings in a duffel bag of at least 60 litres, which the trekking company will provide. You can leave any extra luggage either at your hotel or at the trekking company office for free.

Wifi Coverage

Most of the teahouses and lodges on the Annapurna Circuit have wifi. Some places provide it for free, or others will charge you about \$1-\$4, depending on location/altitude. Places like Thorong Phedi and High Camp have slower wifi and will charge you more as horses bring everything up. It's decent enough in most tea houses to send messages and photos but not fast enough for streaming or updates.

Communication

To stay connected, you can buy a local SIM card of NTC OR NCELL in Kathmandu. NTC is better for the Annapurna region as they have good coverage. 3G service works almost everywhere but not at increased altitudes. Internet packages are available at a cheap cost, but speeds are slow. Your trekking guide will be in touch with our team from time to time through phone for updates and safety.

Charging Facilities

Yes, you can charge your electronic devices during the trek at teahouses or lodges. Still, there is an extra cost associated with every full charge that normally ranges from USD 1-5, depending on altitude. Higher elevations mean higher charges as electricity is limited. The most common types of power sockets you will find are two-pin (Type C) and three-pin (Type D). Make sure you bring along the right adapters, or buy them in Kathmandu before the trek starts. We also suggest bringing portable power banks for emergency charging to save some money.

FAQs: Everything You Need to Know About the Annapurna Circuit Trek

Planning for the Annapurna Circuit Trek? We've got you covered with answers to all of the most commonly asked questions about this iconic 14-day journey. With information on accommodations and meals, transportation, porter services and altitude safety, you'll be well-prepared for this unforgettable Himalayan adventure. Whether you're a first-time trekker or a seasoned mountaineer, these FAQs cover everything you need to know to ensure your trek is seamless, safe and enjoyable.

All Questions Answered

Is vegetarian food available on the Annapurna Circuit?

Yes, most of the teahouses on the circuit do offer vegetarian meals, and it is also recommended that you eat vegetarian to avoid any food-related issues like indigestion or food poisoning.

Is boiled water available during the trek?

Yes, all teahouses will provide you with hot boiled water for a small extra charge, anywhere between USD 2 to 5 per litre and at higher altitudes, the price only goes up.

Is the trekking staff insured?

Yes, our company insures all our trekking staff members, such as trekking guides, Sherpas and porters.

What happens if I suffer from altitude sickness or an accident during the trek?

Our entire itineraries are designed to ensure that there is plenty of time for adequate occurs as a result of acclimatization,. The common Symptoms are headaches, nausea, irregular breathing, insomnia, etc. In such cases, immediate descent is the only cure.

Can I continue the trek if I fall sick or suffer altitude sickness?

It will depend on your health condition. If you are in a group trek, let our guide know about your condition, and we'll see what can be done.

Will I be trekking with others or alone?

If you join a group trek, we will assign you to a group depending on availability. For private treks, it's all up to you if you want to trek alone or with your group.

Can I refill my water bottles during the trek?

Yes, you can refill your water bottles at teahouses, but make sure to purify the water either by boiling or using water purification tablets.

Is it safe to trek the Annapurna Circuit?

Yes, the Annapurna Circuit is generally safe for trekkers, especially when following proper acclimatization protocols and being cautious of potential altitude sickness.

What if I lose my way on the trek?

In case you lose your way, try to stay calm and just call your guide or fellow trekkers. Guides will know the paths quite well and can help you get back on track.

Are there dangers of landslides during the trek?

There can be a danger of landslides in the mountains but trekking routes are properly maintained regularly. Keep an eye on weather conditions and follow instructions from your guide.

How fit do I need to be for the Annapurna Circuit?

The trek does not require an extreme level of fitness. However a reasonable level of fitness and stamina is required as it involves long days of walking over rocky terrain at high altitudes.

Address

Bijeshwori Swayambhu
Kathmandu, Nepal