

## Annapurna Circuit Trek - 18 Days

The Annapurna Circuit Trek is a renowned trekking route in the Annapurna mountain range of Nepal. Here are some key details:

- 1. Duration:** The trek typically takes around 15 to 20 days to complete, depending on the starting point and pace.
- 2. Starting Point:** The trek often starts from either Besisahar or Bhulbhule, both accessible by road from Kathmandu.
- 3. Highlights:** Stunning views of Annapurna, Dhaulagiri, Machhapuchhre, Manaslu, and other peaks; diverse landscapes ranging from subtropical forests to alpine terrain; crossing Thorong La Pass (5,416 meters), one of the highest trekking passes in the world.
- 4. Difficulty:** The trek is considered moderately difficult, with some challenging sections, especially crossing Thorong La Pass. It's suitable for trekkers with a good level of fitness and some prior trekking experience.
- 5. Permits:** Trekkers need to obtain the Annapurna Conservation Area Permit (ACAP) and Trekkers' Information Management System (TIMS) card before starting the trek.
- 6. Accommodation:** There are teahouses and lodges along the route offering basic accommodation and meals. Camping is also an option, but most trekkers stay in teahouses.
- 7. Altitude Sickness:** Since the trek involves significant altitude gain, it's important to acclimatize properly and be aware of the symptoms of altitude sickness.
- 8. Best Time to Trek:** The peak trekking seasons are spring (March to May) and autumn (September to November) when the weather is clear and the views are spectacular.
- 9. Guides and Porters:** While it's possible to trek independently, many trekkers opt to hire guides or porters for navigation, cultural insights, and support with carrying gear.
- 10. Emergency Evacuation:** Trekkers should have insurance that covers emergency helicopter evacuation in case of altitude sickness or other emergencies.
- 11. Packing:** Essentials include warm clothing, a good pair of trekking boots, water purification tablets, sunscreen, a first aid kit, and a sturdy backpack.

Remember to check for any updates or changes in regulations before embarking on the trek.

## PRICE INCLUDES

- Accommodation in the local lodges (dinner, breakfast, and lunch)
- 2 nights hotel in Kathmandu with breakfast.
- All transportation, including airport pickup and drop-off.
- Trekking permits for the Annapurna Conservation Area (ACAP) and TIMS
- One expert trek leader or hire Norbu, assistants guides (1 assis. for 4 guests), Porters (1 porter for 2 customers)
- First aid medical kit (Your guide will carry the medical kit but we also advise you to bring it for your use).
- All government and local taxes.
- Nepalese team insurance.
- Welcome & Farewell dinner

## PRICE EXCLUDES

- Nepal entry visa at immigration at Tribhuwan International Airport (TIA) (approximately 50 USD) per person per month
- Location of trekking equipment such as sleeping bags, down jackets, trekking poles, etc.
- Shower, Wi-Fi, cell phone pill charging and device  
Unexpected costs due to health, flight cancellation, weather conditions, etc.
- All kinds of drinks and snacks.
- Tips for the guide and porter after the trek.
- Insurance (It's mandatory for rescue and evacuations.)
- International flight.

## FAQ

### 1. What you need to know about the Annapurna Circuit?

The Annapurna Circuit is a moderately difficult trek and is challenging for two main reasons. First, it's a relatively long trek. Most people cover up to 230km over 14-18 days or more. Second, it's a high altitude trek.

### 2. Why is it called Annapurna?

The mountain is named after Annapurna, the Hindu goddess of food and nourishment, who is said to reside there. The name Annapurna is derived from the Sanskrit-language words purna ("filled") and anna ("food"), and can be translated as "everlasting food".

### 3. What is special about Annapurna?

The tallest of the mountains in the massif is Annapurna I (8,091m), first climbed on June 3rd, 1950 by Maurice Herzog and Louis Lachenal. It was the first of the 'over 8000m' peaks to be summited - it is still widely acknowledged as one of the most dangerous mountains in the world for climbers.

### 4. Where is the best part of the Annapurna Circuit?

The high point and highlight of the legendary Annapurna Circuit trek. You crest the brow of the Thorung La Pass (5,416m) to be greeted by a panorama of prayer flags and mighty mountain peaks stretched across the horizon. Drop down its far side and you enter a drier world that feels more like Tibet.

### 5. Which season is best for Annapurna Circuit trek?

Picking the right time of year to trek in Annapurna or hike the Annapurna Circuit is crucial. The best times to hike the Annapurna Circuit are October-November or April-May. During these seasons everything tends to be pretty dry, the skies are clear, and it won't be unfathomably cold up high.

### 6. What is the age limit for Annapurna Circuit?

There isn't a strict age limit for the Annapurna Circuit Trek, but it's important to consider the physical and mental demands of the trek before deciding to embark on it, especially for younger participants.

### 7. How many km is Annapurna Circuit?

The Annapurna Circuit Trek route is around 208 kilometers/ 129 miles/. You may complete the whole route by hiking in 16 days. Now due to the road development in some areas, you may squeeze it by some days if you want to take a drive.

### 8. Can you do Annapurna Circuit without guide?

You will need the TIMS permit to venture into the Annapurna Circuit Trek without a guide or with a guide. The guide would usually manage this card for you along with the conservation area permit. The TIMS card would cost you around NRS 2000 which is approximately \$20.