

ANNAPURNA CIRCUIT



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Trekking

TRIP GRADE: Strenuous

TRIP STYLE: Tea House

NAN Based On 0 Reviews

KG Carbon Footprint

TRIP LEADER: Local Leader

GROUP SIZE: 2 - 10 people

NEXT DEPARTURE: 05 Oct 2024

8 Trees Planted for each Booking

This is the classic Annapurna Circuit trek crossing the high pass of Thorong La at 5,416m. On this Annapurna trek, we follow the New Annapurna Trekking Trails (NATT) away from the roads where possible.

Trekking Annapurna Circuit offers a cross-section of the Nepal Himalayas. The mountain views throughout encompass some of the highest peaks in the world. They include Lamjung, Himalchuli, Manaslu, Dhaulagiri, Annapurna and Machapuchare.

The Annapurna Circuit walk starts several hours driving beyond Besishar town at the village of Jagat. You hike through Gurung villages surrounded by terraced fields in Marsyangdi Valley. The trail enters pine forest and higher up into the alpine zone around Annapurna. There has been debate about the recent road construction in the Annapurna region. It is still worth trekking the Annapurna Circuit trek as [it is possible to avoid walking on the road](#). By hiking on alternative trails you will enjoy the experience on this classic trek.

We follow New Annapurna Trekking Trails (NATT) where possible. We organised a recce trek following NATT for outdoor journalist, Terry Aaby. Take a look at his article on the British Mountaineering Council ("BMC") website called [The New Way: Trekking Nepal's Annapurnas](#).

After Pisang village, we enter a Buddhist region. You will see colourful prayer flags, mani walls, and

monasteries along the way. We spend three nights at Manang for essential acclimatisation. During the days we explore the area around Manang walking to the Ice Lake and Khangsar village. The highest point is the day crossing the Thorung La Pass at an altitude of 5,416m.

After crossing the pass you enter an arid landscape in the Himalayan rain shadow. We walk down the Kali Gandaki gorge located between Dhaulagiri and Annapurna massifs. Below Jomsom, for most of the way we walk on NATT trails on the East side of the Kali Gandaki away from the road on the West side. There are lovely trails through pristine forest with fine views of the mountains. We also do a day walk up to the viewpoint of the impressive Dhaulagiri Icefall via the beautiful Sekung Lake.

Annapurna Circuit hike is a lodge based where you stay in the local tea houses along the way. We also organise [Half Annapurna Circuit](#) where we finish the trek at Jomsom and then take a flight to Pokhara. If you would like to hike in the Annapurna region take a look at [Kopra Ridge trek](#), [Mardi Himal trek](#), and [Annapurna Base Camp trek](#). Other lodge trips in Nepal include [the Everest Base Camp trek](#) and [Manaslu Circuit trek](#).

Take a look at our Blog article [Annapurna Base Camp versus Annapurna Circuit in Nepal](#). This explains the similarities and differences of these treks in the Annapurna region of Nepal.

REASONS TO CHOOSE US

- For better acclimatisation and to prevent altitude sickness we organise a longer trek. We stay for three nights in Manang at 3,500m. The gradual ascent profile for this trekking holiday has worked well for our past group.
- We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food.
- We are Himalayan trekking specialists having operated trips in Nepal for many years. [Roland Hunter](#) has designed the itinerary from his first-hand experience of this trek.
- Our [AITO Traveller Reviews for Half Annapurna Circuit](#) have a holiday rating of 100%. Based on client feedback we won the 2018 Gold Award as AITO Tour Operator of the Year. Read more about our [Testimonials and Awards](#).
- We review weather forecasts for the Annapurna throughout the duration of this trek.
- We send a Thuraya satellite phone on our group treks in Nepal. Your leader will have reliable communications for logistics, planning, and group safety.
- We provide the porters with windproof jackets & trousers and shelter. We follow International Porter Protection Group ("IPPG") guidelines.
- We bring a comprehensive medical aid kit.
- Our team with first-hand knowledge of this trek provides pre-trip support. During high season we have someone from our UK Operations team based in Kathmandu.

WHAT'S INCLUDED

- All internal transport and transfers including airport collections.
- Internal flights. The flight is from Pokhara to Kathmandu. The weight allowance is 15kg for your main bag checked into the hold and 5kg for your day pack.
- One day sightseeing in Kathmandu with a Nepalese cultural guide and private vehicle including all entry tickets.
- Twin-share room in Kathmandu at Hotel Ambassador and in Pokhara at Mount Kailash Resort.
- Twin-share bedroom with a common bathroom while on the trek.
- All meals are included while on the trek. Breakfast only in Kathmandu and Pokhara. In total for Annapurna Circuit, we provide 22 Breakfasts, 19 Lunches, and 18 Dinners. The meals at the teahouse lodges cost in the region of **£450 (US\$570)** per person. You can select your dishes from the menu at the lodge. The trek meals are breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.
- Trekking arrangements. Including permits and fees, Nepalese guides, and porters. We provide one

trekking guide for a group size of two people. We provide two guides for a group size of three people and three guides for a group size of six people plus.

- Porters to carry your main bag. The portage allowance is 15kg.
- Weather forecasts during your trek.
- Thuraya satellite phone for organising logistics and medical evacuations. It can also be used for personal calls at extra cost.
- A trekking map is given to you on arrival in Kathmandu.
- UK-registered charity, Pipal Tree, will plant 8 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection. Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust (ABTOT) membership number is 5365).
- Pre-departure support and advice from The Mountain Company. We are available by email, phone, or face-to-face meetings.

WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.
- Nepal visa for 30 days.
- Lunch and evening meals in Kathmandu and Pokhara.
- Personal clothing & equipment, please see Appendix for the suggested kit list.
- Tips to the trek crew. Each trekker should budget for giving tips into the group fund. This should be in the region of 11,500 Nepalese rupees (approx. £75 or US\$95)
- Other items not listed in "What is included".

ITINERARY

DAY 1: ARRIVE KATHMANDU (1,400M)

Arrive in Kathmandu

None

Hotel Ambassador in Kathmandu

Flying into Kathmandu on a clear day is in itself an unforgettable experience. The Himalayan peaks are only a short distance north of the capital of Nepal as seen from the plane. After customs, you will pass into the passenger pick-up area outside the building. You will see a Mountain Company signboard. Our representative will be waiting to welcome you to Nepal. After transferring to your hotel we will give you a full trek briefing. The rest of the day will be yours to explore Kathmandu and to make final preparations for the trek. You will hear the Nepalese word for hello 'Namaste', you will never forget that word after this holiday.

DAY 2: DRIVE TO JAGAT (930M)

Drive to Jagat (10 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

We leave Kathmandu early in the morning by private bus. It is a scenic drive with occasional glimpses of mountain peaks. At Dumre we turn off the Pokhara highway. We drive north following Marsyangdi River to Besisahar. We drive beyond this town passing a new hydro-plant built at Bhulbule by the Chinese. We

arrive at Ngadi and change vehicles from our bus to local jeeps. We continue the drive to Jagat where we camp in the garden of a lodge.

During the months of April, May and October it will be very hot and humid. The temperatures can be more than 30 Degrees Celsius for the first few days of the trek. We have chosen the months that are likely to have optimal conditions for crossing the Thorung La. It is important to bring plenty of water, wear a sun hat and apply sun cream.

DAY 3: TREK TO DHARAPANI (1,940M)

Walking 14km (7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Shortly after leaving Jagat there are views of the 200m waterfall at Chamje. We descend to the river and cross over a bridge to return to the quieter East side of the valley. There is a new walking trail called NATT around the Annapurna Circuit away from the jeep track. Along the way we see small farms and terraced fields. We follow a path of stone steps climbing up and descending the spurs along the valley. The trail passes through huge boulders fallen from the mountains above. There is a steep ascent on a good trail to the beautiful and colourful village of Tal. After about four hours walking we stop for lunch at Tal.

After lunch there is a section of the trail along the base of a cliff next to the Marsyangdi River. After about a three hours walk we arrive at Dharapani at an altitude of 1,940m. There are several shops and lodges in this village.

DAY 4: TREK TO CHAME (2,700M)

Walking 14km (7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Dharapani we climb up to the village of Bagarchap. Then we walk through the forest following the river to Chame. Today, there are great views of Annapurna II (7,937m) and Lamjung Himal (6,932m) up the valley. If you look back you will be able to see Manaslu (8,154m) and Peak 29 (7,833m).

DAY 5: TREK TO PISANG (3,190M)

Walking 14km (6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Leaving Chame you pass some mani walls and a little further there is a water-turned prayer wheel. After the suspension bridge the valley widens and Pisang Peak (6,091m) becomes visible.

DAY 6: TREK TO MANANG (3,500M)

Walking 15km (7 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

We take the high level route to Manang taking 7 hours. There is also the option to take the low route taking only 5 hours along the valley floor. The high route starts by crossing the river outside Pisang. We follow a path which passes by a lake and a long mani wall. There is a long climb along a switchback path to the village of Ghyaru. We will stop at one of the tea houses and enjoy the stunning view of Annapurna II and IV. From Ghyaru we follow a high traverse to the next village called Ngawal. Finally you descend back to the valley floor and rejoin the main trail to continue to Braga and Manang.

DAY 7: DAY WALK FOR ACCLIMATISATION DAY AROUND MANANG (3,500M)

Day walk around Manang

Breakfast, Lunch and Dinner

Teahouse lodge

It is important to have an extra few days in Manang help acclimatisation to the high altitude. This will help us as we start the climb towards the Thorong La. There are lots of options for day walks around Manang. One possibility is to walk to Khangsar village on the way to Tilicho Lake or a longer walk to Ice Lake above Braga. It is well worth visiting the gompa above Braga. It is also worth attending the Himalayan Rescue Association afternoon lecture. This gives useful information about altitude and acclimatisation.

DAY 8: DAY WALK FOR ACCLIMATISATION DAY AROUND MANANG (3,500M)

Day walk around Manang

Breakfast, Lunch and Dinner

Teahouse lodge

It is important to have an extra few days in Manang help acclimatisation to the high altitude. This will help us as we start the climb towards the Thorong La. There are lots of options for day walks around Manang. One possibility is to walk to Khangsar village on the way to Tilicho Lake or a longer walk to Ice Lake above Braga. It is well worth visiting the gompa above Braga. It is also worth attending the Himalayan Rescue Association afternoon lecture. This gives useful information about altitude and acclimatisation.

DAY 9: TREK TO YAK KHARKA (4,090M)

Walking 9km (4 to 5 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Today is a shorter walk taking about 3 to 4 hours. By having a gradual ascent towards Thorung La helps your body adapt to the high altitude. It is a good idea to go for an afternoon walk. This helps the acclimatisation process by "climb high, sleep low". You can either walk up the valley and back to the lodge or climb the ridge behind the village.

DAY 10: TREK TO THORONG PHEDI (4,490M)

Walking 6km (4 hours walking)

Breakfast, Lunch and Dinner

Teahouse lodge

Today is another short day of about 3 to 4 hours walking. Leaving Yak Kharka we pass through a few lodges at Letdar. After crossing the river there is a climb to Thorong Phedi. In the afternoon it is a good idea to go for a short walk.

DAY 11: CROSS OVER THE THORONG LA (5,416M) AND TO MUKTINATH (3,800M)

Walking 12km (8 to 9 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

We leave Phedi at first light for the challenging walk over the Thorong La at an altitude of 5,400m. The trail is on undulating terrain and after about 4 to 5 hours we should reach the pass. From the summit of the pass there are spectacular views of the Annapurna Range to the south. We can see Mukat Himal bordering Dolpo to the West. As we descend on the other side we see Annapurna (8,175m) and Tukucho Peak (6,920m). The descent to Muktinath is quite steep and will take between 3 to 4 hours. It is a good idea to use walking poles to help in case of a slippery path if there is still snow (depends on the time of year). Poles also take the strain off your legs and help to protect knees. We also include micro crampons on the kit list in case there is snow and ice on the trail.

DAY 12: TREK TO JOMSOM (2,700M) VIA LUPRA VILLAGE (2,790M)

Walking 19km (6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Before you set off it is well worth going to visit the important temples above the village of Muktinath. Many Hindu pilgrims travel to visit this temple where there are 108 water spouts. Below Muktinath, the trail passes through a beautiful arid landscape. This is in the rain shadow of the Himalayas and is different from the green and lush vegetation at the start of our trek.

Today, we follow the NATT trail away from the road where possible. Leaving Muktinath on the road, we turn off onto a trail at Ranipauwa then contour around the hillside with some ups and downs. At Lubra Pass (3,772m) there are fine views of Dhaulagiri, Tukucho, and Dhampus Peak. It takes about 2 hours of walking to reach Lupra. Unusually there is a Bonpo (pre-Buddhist) monastery in this village, this religion is

more common further West in the Upper Dolpo region. After descending to the valley floor we follow the Kali Gandaki River for a further two hours to reach Jomsom. On most days this valley has strong winds in the afternoon. Having a Buff scarf is helpful to protect your face from the dust.

DAY 13: DRIVE TO MARPHA (2,670M) AND TREK TO LARJUNG (2,550M)

Drive to Marpha (1 hour)

Walking 18km (8 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Jomsom, we drive for about an hour down to the pretty village of Marpha set amongst apple orchards. We walk for 20 minutes from Marpha to cross the bridge over to the East side of the Kali Gandaki to follow the New Annapurna Trekking Trail (NATT). This is on the opposite side of the river from the road. After the bridge, we enter the Tibetan village of Chhairo and then walk via Chimang to Chokopani. It is a lovely trail through pine and juniper forest with views of Mount Dhaulagiri. We continue our descent for 2 1/2 hours to Sauru. We cross a side river then after some ups and downs it changes to a wide trail to the bridge over to Larjung.

DAY 14: DAY WALK TO DHAULAGIRI ICE FALL (3,700M) VIA SEKUNG LAKE (2,600M)

Walking 12km (8 to 9 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

Today we bring a packed lunch for the day walk to Dhaulagiri Ice Fall (3,700m). This is a magnificent walk with some of the best views anywhere on the Annapurna Circuit. That said, it is a tough day to ascend more than 1,000m from Larjung. For a more gentle day's walk, you could walk to Sekung Lake and enjoy the views across the Kali Gandaki valley to Annapurna and Nilgiri peaks. We start by walking on the road south for 2km before ascending through a pine forest. After 2 hours we arrive at the emerald-coloured Sekung Lake where there is a small yak herder's hut. From here it is a further 3 hours to the viewpoint of Dhaulagiri Ice Fall.

DAY 15: TREK TO GHASA (2,010M)

Walking 14km (6 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Larjung, we descend to the suspension bridge to cross to the East side of the Kali Gandaki. We walk via Dhampu and crossing another suspension bridge back over to Kalopani. This takes about 2 hours from Larjung. Kalopani has fine views and is one of the few places on the Annapurna Circuit where it is possible to see the summit of Annapurna 1. We descend from Kalopani to Lete then follow the NATT trail through the forest to Gasa. This takes about 4 hours of walking.

DAY 16: TREK TO TATOPANI (1,190M)

Walking 19km (8 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

From Ghasa we cross over the Kali Gandaki on a bridge to the East side to follow the NATT trail. We ascend to Pairothapla where there are a few lodges and descend through a landslide area to Kopchepani. We walk up to Bhalebas with a fine view of the waterfall on the other side of the river. We continue to the village of Charap and then pass the hydropower plant then cross over the Miristi River. We walk up to the beautiful three villages of Narcheng. At Lower Narcheng, cross a bridge and go down a track. We cross the bridge over the Kali Gandaki and walk for 1/2 km on the road to Tatopani. This is a village with natural hot springs and it is well worth having an enjoyable soak.

DAY 17: TREK TO SIKHA (1,990M)

Walking 9km (4 to 5 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

For the next two days we have a sustained climb to Ghorepani. Today after 800m of ascent we stop for the night at the village of Sikha.

DAY 18: TREK TO GHOREPANI (2,855M) AND WALK UP POON HILL FOR SUNSET

Walking 7km (4 hours)

Walk up Poon Hill (45 minutes)

Breakfast, Lunch and Dinner

Teahouse lodge

We continue the climb through rhododendron forest to Ghorepani. There are many lodges located on the top of the ridge as the walk up to Poon Hill from here is a popular short trek in Nepal. There are superb mountain views of Dhaulagiri, Annapurna, Hiunchuli, Machhapuchhare and Lamjung.

DAY 19: TREK TO TIRKHEDUNGA (1,540M)

Walking 8km (4 to 5 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

The trail descends steeply from Ghorepani to the village of Tirkhedungha.

DAY 20: TREK TO NAYAPOL AND DRIVE TO POKHARA

Walking 7.5km (4 hours)

Drive to Pokhara (1 1/2 hours driving)

Breakfast and lunch

Mount Kailash Resort in Pokhara

This is our last day trekking where we walk to Nayapool to meet our private transport for the drive back to Pokhara. We spend a night at a hotel in Pokhara beside Lake Phewa before flying back to Kathmandu.

DAY 21: FLY TO KATHMANDU

Flight to Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

Transfer to Pokhara airport for the flight back to Kathmandu.

Important note: there is a safety risk to consider when flying on airlines in Nepal. If you would like to avoid the flight from Pokhara to Kathmandu there is an option to drive and this takes about 6 to 7 hours (depending on the traffic). There are also safety considerations with driving in Nepal as the roads are busy and road traffic accidents happened from time to time. Please get in touch with us if you would like to discuss this further.

DAY 22: SIGHTSEEING IN KATHMANDU

Sightseeing in Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

This is a one-day guided sightseeing tour of the Kathmandu Valley visiting three out of the seven World Heritage Sites. You will start off by visiting Patan Durbar Square then drive to the Buddhist stupa at Boudhanath followed by the last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu as well as to pack your bags for the trek starting tomorrow morning. You can leave a bag at the hotel with items not needed on the trek.

Three major towns are located in the valley, Kathmandu, Patan, and Bhaktapur, each having a great artistic and architectural tradition. Kathmandu is the capital and the largest city in the country. Patan, the second largest is separated from Kathmandu by a river. Bhaktapur, the third largest, is towards the eastern end of the valley and its relative isolation is reflected in its slower pace and more distinctly medieval atmosphere.

DAY 23: FLY BACK HOME

Fly home

Breakfast

Transfer to Kathmandu airport for the flight back home. End of trip.

DATES & PRICES

2024

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
05 Oct 2024 to 27 Oct 2024	Local Leader	US\$2,695pp	US\$240pp / NA	2 Left to Guarantee
26 Oct 2024 to 17 Nov 2024	Local Leader	US\$2,695pp	US\$240pp / NA	Guaranteed

2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
05 Apr 2025 to 27 Apr 2025	Local Leader	US\$2,695pp	US\$240pp / NA	2 Left to Guarantee
19 Apr 2025 to 11 May 2025	Local Leader	US\$2,695pp	US\$240pp / NA	2 Left to Guarantee
04 Oct 2025 to 26 Oct 2025	Local Leader	US\$2,695pp	US\$240pp / NA	2 Left to Guarantee
25 Oct 2025 to 16 Nov 2025	Local Leader	US\$2,695pp	US\$240pp / NA	2 Left to Guarantee

PRACTICAL INFORMATION

A Typical Day On Trek

TYPICAL DAY ON A TEAHOUSE TREK IN NEPAL

We provide a comfortable experience on our teahouse lodge-style treks. Our team works hard to support you so that you can relax and enjoy [trekking in Nepal](#). The lodges provide your meals in a communal dining room. You will sleep in private rooms with a shared bathroom. There is a range of standards and service in teahouse lodges depending on location. i.e. lodges at higher altitudes and places with fewer trekkers tend to have more basic facilities.

The day starts with getting up in your room shared with another trekker in our group. Before heading for breakfast you pack your overnight gear into your main bag (this could be a duffel, kit bag, or rucsac). You would have given your breakfast orders to the guide to pass onto the kitchen last night. At the designated time the group will assemble in the dining room to eat breakfast. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast plus two cups of hot drinks such as tea, coffee, or lemon

ginger honey.

While the group is having breakfast the porters arrange their loads and set off in the cool of the morning. After breakfast, between 7am and 8am, we start walking. The pace of the trek is moderate as there is plenty of time in the itinerary to reach the lodge for tonight. Enjoy the scenery, take photos, and explore the local villages. Lunch will be around midday at a teahouse lodge by the side of the trail. This includes one dish such as fried rice, dal bhat, momos, or pasta plus two cups of hot drinks.

After lunch, we continue the walk and on most days we arrive at the lodge around mid-afternoon. On arrival, you will get a hot drink and biscuits. For dinner, you get a two-course dinner (soup and main meal). The menus are quite standard with a range of dishes such as dal bhat, momos, and the famous Sherpa stew. Dal bhat is a Nepalese dish of rice and lentils with vegetable curry. It is also possible to order spaghetti and pasta; pizzas; vegetable burgers and chips and fried rice. We also provide up to two cups of hot drinks per meal.

After supper, the leaders will discuss the plan for the next day. Afterward, people might stay in the dining room chatting about the day's events or playing cards. After a tiring day, most people head to their rooms quite early for the night. Tomorrow is likely to be very similar to today!

You can read more about [Teahouse Trekking in Nepal](#) on our Blog. This article explains the facilities available at a teahouse lodge. It also describes the advantages and disadvantages of camping-style treks. Plus the amount to budget for extra costs. We also touch upon what to pack for a teahouse trek, safety, and security plus responsible use of the lodge.

Meal Plan

MEAL PLAN

We include all meals at the teahouse lodges (breakfast, lunch, afternoon tea, and dinner) while on the trek. Importantly, we clearly define what dishes and drinks we provide so there is no confusion in terms of what is allowed. Given the amount of food and drinks we include, there should be no need to spend any extra money on additional food. However, some people will pay for extra treats along the way such as to get cake and a coffee at the bakeries and cafes!

If you are comparing our prices with other operators you should be careful to compare apples with apples. These days many operators do not include meals in their packages when staying at the teahouse lodges. The food at the lodges is expensive and will cost an average of £25 (US\$35) per person per day. If you are paying for the meals directly to the lodges you would need to carry a lot of cash including the tip money too. Having this amount of money with you will be a security risk and for peace of mind, it is better to pay for the meals to us when booking the trip. Also, it will be difficult to know in advance how much cash to bring with you on the trek (there are no ATMs when on trek). Furthermore, in practice, it will be complicated and time-consuming for you and the guides to work out individual bills after checking out each day from the lodge.

With our meal plan, you can select your dishes from the menu at the lodge. In our package, we include the cost of your breakfast, lunch, afternoon tea, and dinner. Breakfast includes cereal, porridge, or rice pudding and an egg dish with bread or toast. Lunch includes one dish such as fried rice, dal bhat, momos, or pasta. For afternoon tea, you get a hot drink plus biscuits. Dinner is two courses including soup and the main dish chosen by you from the menu. You are allowed two cups of hot drinks per meal so this means a total of seven cups per day.

We cater to a variety of dietary requirements. There are always meals that are suitable for vegetarians. During booking, we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Kit List

KIT LIST FOR ANNAPURNA CIRCUIT

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for Annapurna Circuit trek. The group leader will check your gear in Kathmandu before departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. At the start of the trek you will experience hot and humid conditions with temperatures up to 25 Celsius. You experience the coldest temperatures in Thorung Phedi at an altitude of 4,490m. Overnight lows here will be down to around -12 Celsius.

You should bring a rucksack or backpack for gear required during the day. Your pack should contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. **The weight limit is 5kg.** A porter will carry the rest of your personal equipment packed in a duffel or kit bag. **The weight limit for your duffel bag is 15kg.** Please mark your bag on the outside for easy identification.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

Footwear

- Walking Boots. A pair of water repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek.
- Trail shoes. Used around lodge.
- Walking socks.

Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardwear Mesa V2 or The North Face Paramount Peak).
- Soft Shell Trousers.
- Long sleeve tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet used in combination with base layers, other fleeces and down jacket. This provides the most warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece or synthetic leggings. Worn around the camp or added as a layer when the temperatures start to drop higher up.
- Medium weight down jacket.

Head and Gloves

- Fleece gloves.
- Warm mittens and/or gloves.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf (eg. Buff Headwear).
- Head torch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated. They should have side protection or wraparound design.

For crossing the pass

- Trekking poles (Black Diamond with “Flick Lock” are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- [Kahtoola Microspikes](#) or [YakTrax Summits](#). These are for your security when descending passes with snowy or icy conditions. They fit onto your walking boots.
- Gaiters. A pair of knee high gaiters used to keep boots dry if walking through snow or on wet ground.

Personal equipment

- Sleeping bag. Overnight lows down to -12 Celsius. It is possible to rent a bag from Shonas Rental in Kathmandu.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- Day pack. Recommended size is around 30 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
- Trekking poles (Black Diamond with “Flick Lock” are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold dry bags such as from Exped.
- Two water bottles. Nalgene wide mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For men you can use an old water bottle. For women take a look at SheWee.
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitizer for use before meals.

Travelling

- Duffel bag for your personal gear on the trek. Will be carried by a porter. Rugged and waterproof made of a plastic material. Size 80-100 litres. Eg. Mountain Equipment or Rab. Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag with soap, travel towel, toilet paper, toothbrush etc.

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best)
- Rehydration powder (eg Dioralyte).
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatisation).

Threat and risk assessment

RISK ASSESSMENT FOR ANNAPURNA CIRCUIT

You should be aware trekking in a developing country involves a risk of personal injury or death. You must accept these risks and be responsible for your own actions and involvement. Adventure travel requires an open and flexible attitude. You may experience extreme conditions and unpredictable weather. There

could be last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Annapurna treks. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. We have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude illness including but not limited to AMS, HACE, and HAPE.
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia, or heat stroke). Please note during the months of April and October it will be very hot and humid for the first three days of the trek.
- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rockfall and landslides.
- Snow and ice avalanches eg. on Thorong La pass.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses), or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache, etc. in a remote area.
- Road traffic accidents.
- Flight accidents. Read paragraph "Internal flight".
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities. Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could impede your ensuing recovery. Helicopters are the usual means of evacuation. They are not always available or hindered by poor weather and flying conditions.

Internal Flights

INTERNAL FLIGHTS

Foreign, Commonwealth & Development Office ("FCDO") travel advice from UK to Nepal states that "STOL airstrips in Nepal are among the most remote and difficult to land on in the world and are a challenge for even the most technically proficient pilots and well-maintained aircraft." For their latest advice please take a look at their [Safety & Security section under Air Travel](#).

There have been a number of recent air accidents in Nepal and in December 2013 The European Union banned all airlines based in Nepal from flying in the 28-nation bloc under the latest changes to a list of unsafe carriers. For more information on Nepal's air safety profile take a look at [Aviation Safety Network](#).

Weather and conditions

WEATHER AND CONDITIONS FOR ANNAPURNA CIRCUIT

Annapurna Circuit trek has a wide range of temperatures. This depends on the season, altitude and time of day. In the mountains between 1,000m and 3,500m the nights will be cool around 5 Celsius. During the day temperatures sometimes rise to 25 Celsius. At higher altitudes temperatures range from about 15 Celsius to -12 Celsius.

The trekking season in Nepal is late September to May. October and November is generally recognised as having the best weather. Spring is a popular time of year with warmer weather than in Autumn. Also there is the advantage of seeing spring flowers and rhododendrons in bloom.

The trekking months with highest temperatures are April, May, September and early October. The trekking months with the lowest temperatures are March, November and December.

We have written a blog article [When is the best time to go trekking in Nepal Himalaya?](#) This has information about the weather and conditions in Spring and Autumn seasons. It also explains the differences between the trekking regions of Nepal..

Suggested reading

SUGGESTED READING AND MAPS FOR ANNAPURNA REGION

Maps

Annapurna Trekking Map by Himalayan Maphouse. Scale: 1:900,000. We include in your welcome pack when you arrive in Nepal. National Geographic Annapurna Trekking 1:135,000.

Books

Annapurna south face. By Chris Bonnington.

Himalayan Pilgrimage. By David Snellgrove.

Annapurna. By Maurice Herzog.

True Summit: What Really Happened on the Legendary Ascent on Annapurna. By David Roberts.

The Ascent of Rum Doodle. By WE Bowman.

A Nepalese Journey: The Essence of the Annapurna Circuit (Mountain Photography). By Andrew Stevenson.

Nepali Phrasebook by Lonely Planet.

ACCOMMODATION

TEAHOUSE LODGE IN NEPAL



While on a teahouse lodge trek in Nepal, there are twin share rooms with common bathroom and a heated communal dining room. We will provide all meals at the lodges and include breakfast, lunch, afternoon tea, and biscuits plus a two-course dinner (soup and main meal) plus up to two cups of hot drinks per meal. We regularly inspect and select the best lodges in each location.

MOUNT KAILASH RESORT IN POKHARA



We have used [Mount Kailash Resort](#) in Pokhara for our groups for many years. it is our first choice hotel for trekking groups as we have received positive feedback on their service and location. This property is located on Lakeside and a short walk to the restaurants, shops, and near the lake. The rooms are spacious with attached bathrooms and have television, air-conditioning, and Wi-Fi. They serve an excellent breakfast buffet from 7 am to 10 am. There is an attractive garden with a swimming pool so it is a wonderful place to relax before or after a trip.

HOTEL AMBASSADOR IN KATHMANDU

We have used [Hotel Ambassador](#) in Kathmandu for our groups since it was rebuilt in 2017. Since then we have received positive feedback on their service and location. This is our first choice hotel for trekking groups in Kathmandu. Rooms are well appointed with a reliable supply of hot water for use in the shower. The windows have double glazing so it keeps the rooms very quiet. They serve an excellent breakfast buffet from 7am to 10am. A sundowner on their rooftop bar and restaurant called Foreign Affairs is a must do!

Notes downloaded on: 02-05-2024

