Annapurna Circuit Trek Guide 2025: Route, Cost, Itinerary & Permits

The Annapurna Circuit Trek is one of the most travelled trekking adventures in the world, drawing thousands to Nepal and offering an incredible variety of landscapes and sights-the soaring Himalayan peaks and lush valleys, ancient villages and Tibetan-influenced culture. Often hailed as the most breathtaking trekking route on the planet, this journey seamlessly combines natural grandeur with rich traditions-making it an unforgettable bucket-list experience for adventurers worldwide.

With new roads, evolving trekking regulations, and a growing emphasis on sustainable tourism, planning your Annapurna adventure in 2025 requires the latest insights. That's why we at Attractive Travels and Tours Nepal have crafted this complete guide—covering trek cost, itinerary options, and essential permits to help you prepare for an unforgettable Himalayan journey.

Why Choose the Annapurna Circuit Trek?

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The Annapurna Circuit Trek is incredibly famous for its marvellous diversity; in fact, this trek passes through six different types of climate zones. From subtropical forests to the arctic terrains of Thorong La Pass (5,416 m), this breathtaking trip provides all things in one. This classic trek comes with outstanding views of the Annapurna and Dhaulagiri mountain ranges while immersing in local culture with Gurung, Magar, and Thakali communities and spiritually visiting the Muktinath Temple, one of the most sacred pilgrimage sites in Nepal.

Annapurna Circuit Trek Route and Distance

Route Overview

Traditionally, the Annapurna Circuit Trek stretched from about 230-260 km, but with new road access, most trekkers nowadays walk from 170 to 240 kilometres, depending on the route taken.

The starting point can be either Besisahar or Chamje. Travelling from Kathmandu to either of these places takes approximately 6-8 hours. The distance is some 175 kilometres. If you are coming from Pokhara, the journey to Besisahar will be shorter, approximately 105 kilometres.

The trek usually starts from either Besisahar (760m) or Chamje (1,410m) and is expected to check through Manang and Pisang for crossing the Thorong La Pass (5,416m), which is the most steep and the highest point of the circuit before descending into Muktinath and Jomsom. For most trekkers, the journey ends here in Jomsom with either a flight or a drive to Pokhara. On the other hand, many choose to extend their route to Pokhara, which includes many cultural gems such as Ghorepani and the renowned Poon Hill Viewpoint, where everything comes to a perfect finale with the magnificent golden Himalayan sunrise.

Annapurna circuit offers trekking options for both beginners and experienced trekkers, but the trek remains once in a lifetime experience due to its techniques to approach trekking, natural beauty, and cultural richness.

Key Highlights Along the Route

The Annapurna Circuit Trek is not just about reaching the Thorong La Pass; it’s about the incredible experiences you gather along the way. Each section of the trek is unique in its landscapes, cultural encounters, and memorable experiences.

– **Besisahar to Dharapani (760m–1,960m):** Trekkers can enjoy Nepal's rustic beauty with terraced farmlands, waterfalls, and lush subtropical forests.

– **Chame & Pisang (2,670m–3,200m):** Picturesque villages with pine-covered Annapurna II and Lamjung Himal give hiking pilgrims a scenic delight they can never forget.

– **Jomsom & Mustang Valley (2,720m):** Windswept apple orchards and the trans-Himalayan desert rugged terrain give hikers an opportunity for unique photography.

– **Ghorepani & Poon Hill (3,210m):** Optional extension where trekkers witness one of Nepal's most iconic sunrises over the Annapurna and Dhaulagiri ranges.

– **Manang (3,540m):** It is considered the cultural centre of the circuit, with Tibetan influences, and it is ideal for acclimatization as well as side hikes to Gangapurna Lake or Ice Lake.

– **Apple Orchards:** The trail is often referred to as the "Apple Pie Trail" because of the plentiful apple orchards in the Manang region.

– **Kali Gandaki Gorge:** It is the deepest gorge in the world and is known for its dramatic landscapes and geological wonders.

– **Muktinath Temple(3,760m):** A sacred pilgrimage site for Hindu and Buddhist devotees, prominent for eternal flames and 108 water spouts.

– **Thorong La Pass(5,416m):** The crowning moment of the trek at an altitude of 5,416 meters and panoramic views of the Annapurna and Dhaulagiri ranges.

The Annapurna Circuit Trek highlights include the diverse climates we cross through, the different cultures, the stunning mountains and more, which make it not just a trek but a true journey.

Annapurna Circuit Trek Cost Breakdown 2025

The cost of the Annapurna Circuit Trek varies significantly depending on how you plan to trek it (guided vs. independent), the type of accommodation you select, food and transportation, and the distance covered by your itinerary. Here's a comprehensive cost breakdown:

– **Price Range:** USD 400 – 1,180 (10 to 14 days).

– **Budget Trekkers:** The budget falls around USD 25-35 per day (basic teahouse accommodation, local food, public transport).

– **Mid-Range Trekkers:** Around USD 40-60 per day (better teahouses, hot showers, private jeep rides in some sections).

– **Luxury Trekkers:** USD 80+ per day (more upscale lodges, guided support, better food choices).

As per the Nepal Tourism Board, costs may vary with seasonal demands and changes in trekking region infrastructure.

Factors That Influence Trek Cost

– **Route Choice**: Some routes are longer (240km), while some are shorter (170km).

– **Permits & Entry Fees**: The fees for permits are higher for foreigners than for SAARC nationals.

– **Transportation**: Engaging a good trekking guide definitely adds value and has safety considerations, but also costs a bit more.

– **Guides & Porters**: Hiring a professional trekking guide adds value and safety, but it also increases the cost.

– **Food & Accommodation Choices**: Expenses can vary greatly depending on meal choices, ranging from Dal Bhat to international cuisine.

Attractive Travels and Tours Nepal offers fully customizable Annapurna Circuit Trek packages that are able to meet the desires of trekkers wanting to find a comfortable yet budget-friendly trek.

Itinerary Details: Route Options & Duration

The Annapurna Circuit trek covers a distance of 170-240 kilometres, depending on the starting and ending points. Traditionally, the trek would take up to 21 days, but these days, a 10- to 14-day trek is possible due to road access.

Sample 12-Day Itinerary

Day	Route	Highlights
Day 1	Kathmandu ? Besisahar ? Chamje	Drive + trek start
Day 2	Chamje ? Dharapani	Entering Manang region
Day 3	Dharapani ? Chame	Forests, apple orchards
Day 4	Chame ? Pisang	First views of the Annapurna peaks
Day 5	Pisang ? Manang	Acclimatization begins
Day 6	Acclimatization Day in Manang	Side hikes to Ice Lake/Gangapurna
Day 7	Manang ? Yak Kharka	Sparse vegetation, yak pastures
Day 8	Yak Kharka ? Thorong Phedi	Pre-high pass preparation
Day 9	Thorong Phedi ? Thorong La Pass (5,416m) ? Muktinath	Highest point
Day 10	Muktinath ? Jomsom	Pilgrimage site + windy valley
Day 11	Jomsom ? Pokhara (by flight/jeep)	Scenic journey
Day 12	Pokhara ? Kathmandu	Return trip

Attractive Travels and Tours Nepal offers '**Mini Annapurna Circuit**' choices for trekkers who want shorter treks with more cultural sites and less trekking.

Extended 14-Day Itinerary

An extended 14-day itinerary is suited for those who want to delve deeper into the region. This famous sunrise vista at Poon Hill and the legendary sunrise over the majestic peaks give ample reason to include an additional trek and acclimatization days in this itinerary. It further allows for an altitude study and deeper engagement with the local cultures in the traditional villages.

Permit Information: What You Need Before Trekking

Two primary permits are required before trekking to the Annapurna region.

1. Annapurna Conservation Area Permit (ACAP):

– Cost: ~**USD 30** for foreign trekkers

– Reduced fees for **SAARC nationals**

– Available in Kathmandu or Pokhara

2. Trekkers' Information Management System (TIMS Card):

– Cost: ~**USD 20** for individual trekkers.

– Assists in the security and tracking of trekkers

All international trekkers are now mandated to have a licensed guide or a registered trekking company, such as Attractive Travels and Tours Nepal, which guarantees proper trekking documentation and safety. Both permits are mandatory and have to be secured before entering the trekking region.

Best Time to Trek the Annapurna Circuit in 2025

Choosing the right season is key to making your Annapurna Circuit Trek a safe, enjoyable, memorable trek. Weather and trail conditions in the Himalayas change dramatically throughout the year; thus, well-timed expeditions certainly make for the best experience.

i. Spring (March – May)

Spring offers mild temperatures (10-20°C at lower elevations), with spectacular views of blooming rhododendrons and alpine flowers coloring the hillsides along the trails. This season, excellent mountain visibility provides for perfect photo-taking opportunities.

ii. Autumn (September – November)

Autumn is considered the peak trekking season due to stable weather, crystal-clear skies, and perfect visibility of mountain peaks. Temperatures are comfortable, ranging at lower altitudes between 10-20°C with crisp mornings and warm afternoons.

iii. Winter (December – February)

Very Few trekkers are met with the serene beauty of the snow-draped landscape, but Thorong

La Pass (5,416m) often becomes inaccessible due to heavy snow. Best for the experienced trekker on his own who enjoys solitude and can bear extreme cold.

iv. Monsoon (June – August)

Trails become muddy, and landslides are common. Another nuisance in the lowland is the leeches. The main view is often obstructed by rain clouds. Interestingly, the northern sections of the circuit do enjoy a rain shadow, making it viable for monsoon trekking, definitely around Mustang and Upper Manang regions.

Accommodation on the Annapurna Circuit Trek

One of the best things about the Annapurna Circuit Trek is that the teahouse system is well-maintained, and this makes the trip both comfortable and culturally immersive. Instead of camping, trekkers sleep in small family-run lodges maintained by individuals along the route for warm resting and authentic Nepali hospitality.

Types of Accommodation

– **Basic Tea Houses:** Simple twin-sharing room with shared bathroom costing **USD 5-10** per night. Common in high altitude areas like Yak Kharka and Thorong Phedi.

– **Mid-Range Tea Houses:** Comfortable rooms with better facilities, some rooms have attached bathrooms and cost **USD 15-25** per night.

– **Luxury Lodges:** Located in main villages like Chame and Manang, the lodges offer spacious rooms with attached bathrooms and international cuisine costing **USD 40-60** each night.

Special Stays

– **Manang:** Offers better-equipped teahouses with bakeries and cafes, making acclimatization days interesting.

– **Jomsom & Pokhara:** Cozy guesthouses and hotels with modern amenities for post-trek relaxation.

During peak trekking seasons (March-May and September-November), teahouses fill up fast. Reservations through trustworthy agencies like Attractive Travels and Tours Nepal assure

booking of accommodation is pre-arranged and spare you from the hassle of last-minute search.

Food and Dining on the Annapurna Circuit

The Annapurna Circuit features a mix of **local Nepali cuisine** and **basic Western-style meals**, depending on the altitude and remoteness of the village.

i. Nepali Cuisine

– **Dal Bhat**: The staple food-lentil soup with rice, a vegetable curry, and sometimes meat. Usually served two times a day.

– **Thukpa**: Tibetan-style noodle soup, perfect for cold days at higher elevations.

– **Momos**: A kind of dumplings stuffed with vegetables, chicken, or buff (buffalo meat), either steamed or fried.

– **Aloo Tama**: A curry made with potatoes and bamboo shoots, often mixed with black-eyed beans.

– **Roti or Chapati**: Flatbreads served with curry or vegetables.

ii. Western Meals

– Spaghetti, pasta, fried rice, omelettes, pancakes, and noodles are commonly available in teahouses in tourist-friendly villages.

– Coffee, tea, hot chocolate, and instant soups are all widely available, too.

Food costs range from **USD 3-8** per meal on average in lower elevations and significantly increase to **USD 8-15** due to transportation challenges in higher altitudes.

Conclusion

For most people who are into hiking, the Annapurna Circuit Trek is more than just a hiking trail. It’s one journey covering a very diverse landscape, culture, and spiritual experience. The

modern route choices and flexible itineraries, plus improved infrastructure, make 2025 the year to plan for a perfect adventure.

By booking with Attractive Travels and Tours Nepal, you'll not only enjoy packages designed according to their needs, trusted guides, and a true understanding of the cultural environment, but you will also have more peace of mind in your trekking journey since all the logistics and safety will be duly managed.

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Inclusions

Exclusions