

WAYFARING HUMANS

Brit & Phil's Annapurna Circuit Cost Breakdown by Day (11-day Itinerary)

BY [WAYFARINGHUMANS](#)

The Annapurna Circuit can take about 1-3 weeks to complete, depending how much time you take to rest along the way and how many side treks you decide to do. We trekked as a couple ([a fun experience you can read more about here](#)), and planned our own 11-day itinerary without a tour company, guides, or porters. For able-bodied relatively healthy people, this is very doable.

The total cost of our trek (for TWO PEOPLE) including our Nepalese visas, all transportation within Nepal (from Kathmandu), trekking permits, accommodation, food, and extra expenses was 70,709 NPR (Nepalese Rupee) or approximately \$637.70.

This is much cheaper than the organized tours we saw going for \$800-\$1500 USD per PERSON! Our total price above excludes our international flights into Kathmandu.

Below we have outlined our 11-day itinerary and cost breakdown for each day of the trek—including the preliminary costs before the trek began, such as the cost of our 30-day visas at the airport in Kathmandu. We planned everything ourselves, so of course many of the prices are flexible and/or optional (depending on the food you choose to buy, etc.).

All prices shown are the TOTAL PRICE for us as a COUPLE. If you're traveling solo, just... cut everything in half I guess!

11-day Itinerary Cost Breakdown (total prices for 2 people)

Day 0 – Costs before the trek begins!

Total = 33,540 NPR or approximately \$300 USD

We already had most of the equipment we needed—backpacks, boots, warm clothes (for the most part), so we didn't need to buy or rent these items. There's no need to pack tents or sleeping bags/mats because you can stay in comfortable (and free!) guesthouses all along the trek. We packed light and left most of our stuff at our hotel in Pokhara. Here is our cost breakdown for items before starting the trek:

30-day visas at the airport in Kathmandu	NPR 8400.00
Phil – bought a winter jacket in Kathmandu	NPR 1800.00
Bus tickets from Kathmandu to Pokhara	NPR 1400.00
2 Coffees	NPR 185.00
1 Coke and 1 masala tea	NPR 190.00
Taxi ride from bus station to hotel	NPR 300.00
Breakfast in Pokhara	NPR 160.00
Lunch in Pokhara	NPR 365.00

Photos taken for our trekking permits in Pokhara	NPR 600.00
Beer and wine	NPR 810.00
Annapurna Circuit permit fees	NPR 8000.00
Trekking poles – bought in Pokhara	NPR 700.00
2 Coffees	NPR 500.00
2 Shitty curries*	NPR 750.00
North Face Inn (hotel) & laundry	NPR 3630.00
Dinner	NPR 1850.00
Bus tickets Pokhara to Besisahar	NPR 900.00
Lunch	NPR 500.00
Pickup truck ride from Besisahar to the trailhead	NPR 2400.00
Snack	NPR 100.00

***This is verbatim from a spreadsheet Phil kept during our trip – I don't remember having a "shitty curry" but this made me laugh!**

Day 1 – Jumping out of the Pickup truck and trekking to Syange

Total = 4060 NPR or approximately \$37 USD

Ahh, the crowded pickup truck option! If you're interested, you can learn more about [our pickup truck adventure here](#).

We found that all guesthouses were free on the Annapurna Circuit, with the expectation that we would eat and drink there. So, all guesthouse costs mentioned here are really the price of dinner + any drinks and snacks we bought there. The food on the Annapurna Circuit is really good and varied. During the day, we stopped in villages along the way for lunch and snacks, the prices of which are noted on each day.

We started our trek on the Tihar holiday in the fall, which we would really recommend because the trail was empty and we had our choice of guesthouses in every town!

Food at Guesthouse in Syange	NPR 2455.00
Coffee break	NPR 180.00
Lunch	NPR 1425.00

Day 2 – Syange to Dharapani

Total = 3730 NPR or approximately \$34 USD

Food at Guesthouse in Dharapani	NPR 1940.00
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Coffee	NPR 120.00
Lunch	NPR 920.00
Hat for Britt	NPR 450.00
Noodles	NPR 300.00

Day 3 – Dharapani to Chame

Total = 3205 NPR or approximately \$29 USD

Food at Guesthouse in Chame	NPR 2170.00
Apple flavored snacks	NPR 335.00
Lunch	NPR 700.00

Day 4 – Chame to Upper Pisang

Total = 3720 NPR or approximately \$34 USD

Food at Guesthouse in Upper Pisang	NPR 1760.00
Viewpoint snack	NPR 450.00
Another snack	NPR 200.00
Tea	NPR 50.00
Bhraka snacks	NPR 230.00
Wifi	NPR 200.00
Breakfast	NPR 350.00
Chapstick	NPR 120.00
Gloves	NPR 300.00
Kleenex	NPR 60.00

Day 5-6 – Upper Pisang to Manang (stayed in Manang 2 nights)

We stayed in Manang for two nights to acclimatize and have a rest day, although Phil took the “rest day” to do an additional ice lake hike!

Total = 4405 NPR or approximately \$40 USD

Food at Guesthouse in Manang	NPR 4275.00
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Croissant NPR 130.00

Day 7 – Manang to Yak Kharka

Total = 2410 NPR or approximately \$22 USD

Food at Guesthouse in Yak Kharka	NPR 2410.00
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Day 8 – Yak Kharka to Thorong Phedi

Total = 4740 NPR or approximately \$43 USD

Food at Guesthouse in Thorong Phedi	NPR 3600.00
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Snickers on top of Thorong La Pass!	NPR 400.00
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Lunch	NPR 740.00
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Day 9 – Thorong Phedi to Muktinath

Total = 2740 NPR or approximately \$25 USD

Food at Guesthouse in Muktinath	NPR 1940.00
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Lunch in Lubra	NPR 800.00
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Day 10 – Muktinath to Marpha

Total = 8159 NPR or approximately \$74 USD

Food at Guesthouse in Marpha	NPR 2310.00
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Chips	NPR 140.00
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Chowmein	NPR 350.00
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Bus from Marpha to Ghasa	NPR 1500.00
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Bus from Ghasa to Phokara	NPR 2200.00
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Breakfast	NPR 1186.00
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Coffee	NPR 473.00
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