

Overview

The **Annapurna circuit trek** is said to be one of the best trekking in the world. Discover this most mythical Himalayan trek with expert local Sherpa guide. Annapurna circuit trek offers breathtaking landscapes, stunning scenery and panoramic views of high peaks. We start our challenging trek at an altitude of 760 meters and we spend 2 nights at Manang an altitude of 3,519 meters for well acclimatization by doing a trek around famous site surrounding Manang Village.

Our Annapurna circuit trek itinerary is well designed allowing gradual acclimatization and an excellent chance of crossing Thorong La Pass (5,416m/17,769ft). During our 16 days on the mountain we trek through pretty village of Tibetan, gurungs and thakalis. Annapurna circuit is an enthralling trek at altitude, crossing one of the highest trekking passes in the world.

Itinerary Details

Day 01 : Arrive Kathmandu

At Kathmandu international Airport, After Visa formalities complete, we have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please check our Company Name board, Our Guide will be waiting with Guide Nepal Holidays display board at the arrival gate. Upon our arrival at Kathmandu international airport, we will be warmly welcome by our Airport representative guide with Silk scarves as per Sherpa customs. You will be transfer to hotel by Private Vehicle. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks/Juices. Company Manager will meet you as per your prefer time & will provide detailed Plans and Briefing about the trip. At the Evening we will offer you welcome dinner at best authentic Nepali restaurant where you can enjoy the best Nepali food and cultural show. Dinner included overnight stay at best hotel in the Kathmandu. Overnight stay at Hotel.

Day 02 : Drive to Besisahar (760M/ 2493ft)

Estimated time: 5-6 hours estimated height gain: ~1772ft After your breakfast at Hotel, you have to ready for adventure drive to BesiSahar. Your expert Sherpa trekking guide and porters will pick you up from your hotel & you will drive to BesiShahar (185km) by minibus/tourist bus. Along the journey you will witness some spectacular scenery of White Mountains, green hills, rivers and hamlets. Overnight stay at a lodge.

Day 03 : Drive To Tal (1700M)

Estimated time: 5-6 hours drive Today we take Local jeep to drive up to Tal. The newly build road allows us to drive by Local jeep. We can see wonderful views of waterfalls,

village, rivers and Marshyandi Valley along the way to Tal. Overnight stay at a lodge.

Day 04 : Tal- Trek To Bagarchap (2080M/ 6824ft)

Estimated time: 5 hours estimated height gain: ~2199ft We will pass the village of Tal at 1700 meter which lies at the foot of a large waterfall. The trail crosses a broad, flat valley that was once a lake (Tal means lake) after which we will cross the Marsyangdi by a 60 meter long suspension bridge. The trail will climb up from a second suspension bridge to a stone kani (an arch over the trail) which marks the entrance to Dharapani at 1960 meter. All old villages from here to Kagbeni have these arches and they become more elaborate and picturesque as the Tibetan influence becomes stronger. The trail slowly climbs from here on through a forest of blue pine, spruce, hemlock, maple and oak to Bagarchhap. This is the first village on the trek with typical Tibetan architecture: closely spaced stone houses, with flat roofs piled high with firewood. (5 hrs).Overnight stay at a lodge.

Day 05 : Bagarchap – Chame (2720M/ 8923ft)

Estimated time: 5-6 hours estimated height gain: ~2099ft We will first follow the south bank of the river climbing to Syal Khola (the river of jackals) at 2210 meter, after which we will cross the river over a cement bridge near a spectacular waterfall. The route crosses several landslides as it works its way uphill through a walnut tree forest and aside apple orchards until we arrive at Chame. At the entrance of the village is a long wall with many prayer wheels. Throughout the day there are nice views of Lamjung Himal, Annapurna II and Annapurna IV (7525m) (6 hrs).Overnight stay at a lodge.

Day 06 : Chame- Pisang (3060M/ 10039ft)

Estimated time: 5-6 hours estimated height gain: ~1116ft We will first pass the older part of Chame and climb up to Telekhu at 2840 meter and continue with a long pleasant and mostly level walk through the forest to Brathang, which lies at 2950 meter. After the trail rounds a bend here we will see the first view of the dramatic Paungda Danda rock face, a tremendous curved slab of rock rising more than 1500 meter from the river. We will cross back to the south bank of the Marsyangdi on a suspension bridge at 3080 meter and then make a long gentle climb over a ridge through blue pine forests. After this the trek will be reasonably level as it heads to the upper part of Manang valley to Pisang. This town marks the beginning of the region known as Nyesyang, the upper portion of the Manang district (4/5hrs).Overnight stay at a lodge.

Day 07 : Pisang- Manang (3440M/ 11286ft)

Estimated time: 5-6 hours estimated height gain: ~1247ft Today our trek will slowly climb up to the Tibetan-style village of Bryaga at 3500 meter following the valley floor. At Bryaga we will see houses stacked one atop the other, each with an open veranda formed by a neighbour's rooftop. The gompa, perched on a high crag overlooking the village, is the largest in the district and has an outstanding display of statues. We then continue through

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a very arid countryside, dominated by weird cliffs of yellow rock, eroded into dramatic pillars alongside the trail to reach today's destination, the village of Manang, where the shops are surprisingly wellstocked with all the things you might want to refuel on (4 hrs). Overnight stay at a lodge.

Day 08 : Acclimatization Day At Manang

Today we stay in Manang where we can do a short hike to ascent slightly higher to for instance Khangsar, which is a 200 meter ascend. It is important to have a relatively restful day today, to allow your body to acclimatise to the higher altitudes and thinning air. It also gives us the possibility to wash some of our clothing. Overnight stay at a lodge.

Day 09 : Manag- Yak Kharka (4200M/ 13779ft)

Estimated time: 5-6 hours estimated height gain: ~2493ft Trekking slowly upwards to Thorung La we will leave the large trees behind and see vegetation consisting mainly of scrub juniper and alpine grass and we will pass a few meadows where horses and yaks graze. After we reach Yak Kharka we will see herds of blue sheep grazing the steep slopes as well.(4:30 hrs). Overnight stay at a lodge.

Day 10 : Yak Kharka- Thorong Phedi Or High Camp (4450M/ 14599ft)

Estimated time: 5-6 hours estimated height gain: ~820ft Again a relatively easy day to get used to the altitude before we have to cross the highest point in the trek, and possibly the highest point you have been on in your life. From Letdar we will continue to climb along the east bank of the Jarang Khola to Thorung Phedi, a rock-strewn meadow surrounded by vertical cliffs at 4420 meter. Blue sheep and even snow leopards can be sometimes seen in this valley. High in the skies above us we can see lammergeyers and Himalayan griffons circling around. Overnight stay at a lodge.

Day 11 : Throng Phedi- Throng La Pass(5416M/ 17769ft)– Multipath (3760M/ 12335ft)

Estimated time: 5-6 hours a very early start is required to reach Muktinath in the afternoon. The rise is partly carried out at night. In the top of throng la Pass, we expect a forest of prayer flags and we have outstanding views. You can see the Annapunas, Gangapurna and Khatung Kang, a heavily glaciated peak. Amazingly there is a teashop here on top of the pass at 5416 meter. From here we start a long descend of about 1600 meter with outstanding views of Dhaulagiri mountain standing alone in the distance across the valley. After the trail becomes less steep we will enter grassy fields and cross meadows to our final destination of Muktinath, which means place of Nirvana and is home to the Muktinath temple as well as several monasteries. It is said that all sorrows you feel are relieved when visiting the Temple, which is a scared pilgrimage site to both Hindus and Buddhists. Overnight stay at a lodge.

Day 12 : Muktinath- Jomsom (2,750M/ 9,022ft)

By Jeep Today we make very beautiful drive to Jomsom along the Kali Gandki Valley. The recently constructed road allows us to drive all the way to Jomsom and Tatopani. Overnight stay at a lodge.

Day 13 : Drive To - Tatopani (1,190M/ 3,904ft)

Today we make another wonderful overland drive to Tatopani. We mostly through beautiful scenery. Overnight stay at a lodge.

Day 14 : Tatopani

We make our free rest and relax day in Tatopani. Tatopani means “hot water” and the hot spring of Tatopani is terrific. Near the river edge there is a small hot spring where water with 60 °C is pouring out a small tube. Fortunately there is also another tube with cold water coming to the pool. Overnight stay at a lodge.

Day 15 : Tatopani- Ghorepani (3,190M/ 10,465ft)

Estimated time: 5-6 hours Leaving the hot springs behind us we have a day of climbing ahead of us to Ghorepani. We leave the Kali Gandaki valley and we will follow the Ghar Khola River and cross this river on an old swaying bridge. We will continue ascending to Ghara (1780m) and Shika (1935m) where there still is a British army training centre. The last part of the trail today will have us climbing through rhododendron and magnolia forests to Ghorepani, where we will arrive mid afternoon (7 hrs). Overnight stay at a lodge.

Day 16 : Ghorepani- Poonhill (3,210M/ 10,531ft) –Ulleri (1,840M/ 6,036ft)

Estimated time: 5-6 hours An early start and an hour’s hiking to Poon Hill (3,210m) leads us to a brilliant spectacle, this viewpoint provides an unobstructed beautiful sunrise over the high Himalayas. After spending about 40 minutes on the hillside, we come back to Ghorepani for a hot breakfast, and start walking to Ulleri. This is easy walk down from Ghorepani through forests and villages. Overnight stay at a lodge.

Day 17 : Ulleri- Pokhara

It is 4-5 hours walk to Nayapul(near road), drive to Pokhara and tour of Pokhara city. You will do 3 hours tour of 3 caves, Devi’s fall, white water George, Bhidyabasini Temple and Evening boating at Fewa lake. Rest of day is free for self exploration. Overnight stay at Hotel.

Day 18 : Pokhara- Kathmandu

Morning drive back to Kathmandu. Free for last minute shopping or as your own plan. Overnight stay at Hotel.

Day 19 : Departure

Morning free for last minute shopping or time as your own. Our driver and airport representative drive you to the airport in time for your flight back home. We ensure that you leave Kathmandu with cherishing memory and an experience of a lifetime.