

Overview

A Popular and 4 weeks Long Round Annapurna Trekking cover all Trekking Areas within Annapurna region. Trek will start from Kathmandu by Car driving through Trisuli River to Besisahar and end at Nayapul. This Trek includes Round Annapurna over 5416m Thorong- la pass to Annapurna Base camp Via Ghorepani poonhil. This is actually combination of all treks within Annapurna.

Round Annapurna trekking in Nepal offers one of the best views of southern & northern Himalayas. This trail was first opened in 1977 and is a classic Himalayan trek. This region has been recognized as one of the World's best Trekking trails according to a survey by Modern Maturity (USA). This itinerary completes the Circuit with combine of Annapurna base camp that will enhance this magnificent trek.

We ascend the Marsyandi Valley before heading to the wild, windswept 5416m Thorong La (pass) and around the Annapurna massif. This trek offers startling contrasts throughout. The trails start and end in the lush green foothills of the Annapurna range that are dotted with Hindu villages. As we trek north of the Great Himalayan Divide there is a dramatic change as we enter the stark landscape of the Tibetan Plateau where the culture becomes predominantly Buddhist. We then head back down the great Kali Gandhaki Valley, said to be one of the deepest gorges on earth with Annapurna and Dhaulagiri towering some 7,000 metres above before heading to Annapurna base camp through ghorepani. The enormous south face of Annapurna 1 dominates the basin and there are spectacular views of Machapuchare. We are surrounded by an array of ice-bound peaks, snowfields, glaciers, great rock buttresses and ice flutings as we witness magical sunrises and sunsets, watching mountains glow pink and gold. We return to Pokhara via a different route, for relaxing after long trek before returning to Kathmandu.

Itinerary Details

Day 01 : 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.

Day 02 : Kathmandu (1300M/ 4265ft)

Estimated time: 5-6 estimated height gain: ~1772ft After Breakfast your day will start for sightseeing tour of 4 Popular UNESCO Heritage sites of Kathmandu Valley. Our first destination is Swoyambhunath. This place offers a majestic view of the entire Kathmandu valley. Stupa of Swoyambhunath epitomizes Buddhism. Your guide will enlighten you with detailed historical and cultural information about the place. After this you will visit Living goddess home and Kathmandu Durbar square. Locally this, Old royal palace area is called Basantapur Area or Hanuman dhoka Durbar Square. Our next sightseeing will be at Boudha nath (the biggest & Largest Buddhist Stupa in the World). In this Area, you will visit Buddhist Monastery and stop for lunch Break. If weather is clear you can see nearest Mountain of Kathmandu- Ganesh Himal from top of Restaurant. After Lunch, we will visit Hindus temple Pasupatinath and tour for today is finished. It normally takes 5-6 hours tour to visit all these 4 monuments within Kathmandu city. Afternoon free for packing for trek and getting ready.

Day 03 : Kathmandu- Besi Shahar (760M/ 2493ft)

Estimated time: 5-6 hours estimated height gain: ~207ft After Breakfast. Our trekking guide will come to the hotel at 07:00 hrs to pick you with private transport to leave for Besi Shahar (185km) and will take us about 6 hours. Along the journey you will witness some spectacular scenery of White Mountains, green hills, rivers and hamlets. We overnight at a guesthouse.

Day 04 : Drive To- Chame (2720M/ 8923ft)

Today we take Local jeep to drive up to Chame. 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

Day 05 : 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).

Day 06 : 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 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).

Day 07 : Manang – Acclimatization Day

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 acclimatize to the higher altitudes and thinning air. It also gives us the possibility to wash some of our clothing.

Day 08 : Manang- 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).

Day 09 : Yak Kharka- Thorung 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 (3-4 hrs).

Day 10 : Thorung Phedi- Thorung La Passes (5416M/ 17769ft) Muktinath (3760M/ 12335ft)

Estimated time: 5-6 hours Today is a long trek starting before sunrise at maybe 04:00 hrs to reach the pass by 09:00/10:00 hrs at the latest, as otherwise weather conditions will greatly affect the journey. We cross over at an altitude of 5416m so can be exposed to strong winds if crossing too late. Local people have used this trail for hundreds of years to bring herds of sheep and yaks in and out of Manang. Thus the trail, while often steep, is

Round Annapurna Trek

well defined and easy to follow. Snow can block the pass at any time of the year if there has been an unseasonable storm. It takes from four to six hours from Thorung Phedi to the pass, but the many false summits mean the climb seems to go on for ever. At the Thorung La pass, with its traditional prayer flags and stone cairn we will 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 sacred pilgrimage site to both Hindus and Buddhists. The main pilgrimage normally takes place in September. The Temple is dedicated to Lord Vishnu and has 108 waterspouts around it from which Holy water pours. Another attraction nearby is the JwalaMai Temple and this contains a spring and an eternal flame fed by natural underground gas (7-8 hrs).

Day 11 : 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.

Day 12 : Drive To - Tatopani (1,190M/ 3,904ft)

Today we make another wonderful overland drive to Tatopani. We mostly through beautiful scenery.

Day 13 : 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.

Day 14 : Tatopani- Ghorepani (3190M/ 10465ft)

Estimated time: 5-6 hours estimated height gain: ~6561ft 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).

Day 15 : Ghorepani- Poon Hill (3210M/ 10531ft)- Tadapani (2540M/ 8333ft)

Estimated time: 5-6 hours An early start and an hour's hiking to Poon Hill (3195m) 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 Tadapani. From Ghorepani the trail climbs along ridges and through pine and rhododendron forests and if the weather allows it we have a panorama all the way south to the plains of India. The trail follows a stream bed which becomes larger as we continue. The stream has some clear pools alongside the trail and finally becomes a series of waterfalls. Today's final destiny is the village of Tadapani, meaning 'far water' and the water supply for this village is a long distance below (5 hrs).

Day 16 : Tadapani- Chhomrong (2170M/ 7119ft)

Estimated time: 5-6 hours estimated height gain: ~1214ft Dropping down from Tadapani Gurjung the route offers good views of the upper Modi valley. The path then starts the long ascent high above the west bank of the Modi Khola. We then arrive in the village of Chhomrong (2210m) which lies tucked at the very base of Himal Chuli. Chhomrong is the last permanent settlement in the valley (5 hrs).

Day 17 : Chhomrong- Doban (2510M/ 8234ft)

Estimated time: 5-6 hours estimated height gain: ~1115ft From Chhomrong the trail descends until Chhomrong Khola, then the trail begins a slow climb as we head up to our first destination – Sinuwa. We then proceed to Kuldi Ghar (2470m) about 2 1/2 to 3 hrs walking. The trek now enters the upper Modi Khola valley. We can expect snow from here on in the winter months (Dec-Febr.) We continue our trek going down to Bamboo through an uninhabited forest area, scattered with big rocks. From Bamboo the road will take us through bamboo and rhododendron forests to Doban (2540m) (6 hrs).

Day 18 : Doban- Deurali (3230M/ 10597ft)

Estimated time: 5-6 hours estimated height gain: ~2363ft After climbing 300 meters up we will first pass the Himalayan Hotel at 2840 meters. We then continue on to Hinko Cave (3100m) and then onto Deurali. During this day if we are lucky we can see interesting wildlife like deer, jackals and peacocks. Here we will also have great views of Machhapuchhare Mountain (6997m) and you will understand why the translation of its name means fishtail mountain. In Deurali we will stay overnight (5:30 hrs).

Day 19 : Deurali - Annapurna Base Camp (4130M/ 13549ft)

Estimated time: 5-6 hours estimated height gain: ~2953ft Today we climb on past the Machhapuchhare Base Camp (which isn't really a base camp since climbing the mountain is not permitted) to the Annapurna Base Camp. This area is called the Annapurna Sanctuary since it is totally surrounded by mountains. From here it is a two-hour trek to Annapurna Base camp, which offers spectacular views (4/hrs)

Day 20 : Annapurna Base Camp – Sinuwa (2340M/ 7677ft)

Estimated time: 5-6 hours estimated height gain: ~5872ft Explore the around of ABC- Annapurna base camp, take enough photos of Breath taking Annapurna south, Annapurna I, II, III & IV, Fihstail, Gangapurna and Many more mountains. If you are luckily reached at ABC in clear day, the views are awesome. Today we follow our way back to Sinuwa; it's easier as we descend the most part of our route (5/6hrs)

Day 21 : Sinuwa- Ghandrunk (1940M/ 6364ft)

Estimated time: 5-6 hours estimated height gain: ~1313ft From Sinuwa we continue to Chhomrong from where the trail descends through forests to Gurjung Khola and then the trail ascends slightly until Kimrong. Then we reach the top of the Deurali, from where it is an easy way to reach Ghandrunk. Ghandrunk is a village of Gurung people, one of the ethnic groups of Nepal; they have their own dialect, culture, costume, and life style. Ghandrunk is one of the most famous destinations for trekkers known for its beautiful mountain views. (It is an easy reach from Pokhara or Kathmandu.) Our early arrival means we have the afternoon to visit the one of the Gurung Museum and explore the village (5 hrs).

Day 22 : Ghandrunk- Pokhara

Trail continues descend to Birethanti and Nayapul which is first trek starting point. Then we will drive to Pokhara by Taxi/Van or Private Vehicles. Transfer to hotel. Sightseeing tour of Devi's fall, Gupteshower Cave, Bats Cave, Mahendra cave, Seti River George, Bhidyabasini temple. This is about 3-4 hrs short tour in Pokhara city.

Day 23 : Pokhara- Kathmandu

Morning drive to Sarankot hill for Sun rise tour and fly back to kathamndu. Free for Last minute shopping or as your own plan.

Day 24 : 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.