

Overview

Get to know some of the classic Annapurna round on a shorter trekking! This is a magnificent trek, covering two different river valleys. It encircle the Annapurna Massif, crossing Thorong La Pass [5,416 m.] the highest pass on this trek is main highlight Thorong La (La = Pass) . Well acclimatized can easily master the ascent, a fantastic view is the reward! On both sides of the pass you proud and 6,000 points of view raise wanders up to the high levels of Mustang.

The Thorong la pass trek is one of contrasts between the green, terraced farmland of the Marshyangdi valley and the semi-arid environs of Lower Mustang. The two areas are separated by the Thorong La Pass (5416m), which we must cross on a long day, to reach the sacred site of Muktinath. The temple complex is a pilgrimage site for both Hindus and Buddhists and when seen from here the sunrise on Dhaulagiri is particularly striking.

Along the trek, the beautiful mountain scenery and fascinating village life will keep you enthralled, day after day.

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 (1,300M/ 4,265ft)

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

Thorong La Pass Trek

Himal from top of Restaurant. After Lunch, we will visit Hindu 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. Overnight stay at Hotel. Breakfast included

Day 03 : Kathmandu- Bhulbhule (8,50M/ 2,788ft)

Estimated time: 5-6 hours After Breakfast about 7:00 AM our overland journey will begin with private transport to leave for Bhulbhule (210km) and will take us about 6-7 hours. Along the journey you will witness some spectacular scenery of White Mountains, green hills, rivers and hamlets. We first cross the 1,500 m high Thankot pass before it goes down many switchbacks into the Trisuli Valley. The partly still bumpy, partly modern developed road follows the river through constantly changing scenery to Mugling. From there we follow the Marsyandi Khola up the valley to Besisahar (approx. 750 m) or Khudi . Depending on arrival time, we can (optional and payable locally) rent jeeps and drive over a bad gravel road to Bhulbhule - or we walk in about 2-3 hours after Bhulbhule (approx. 850 m), where we for the first time in a lodge stay. Overnight stay at guesthouse. All meals included.

Day 04 : Drive To Chame By Local Jeep (2,720M/ 8,923ft)

Estimated time: 7-8 hours estimated height gain: ~1870 M/6135feet From Bulbhule we drive again throughout rough road to Chame. On our route through small villages and terraced fields we gain an idea of the village life of the Gurung people. Often offer expansive views of the gleaming snow peaks of Manaslu and Annapurna Himal. The route cross river, spectacular Waterfall and several beautiful village and 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). Overnight stay at guesthouse. All meals included.

Day 05 : Chame- Pisang (3,060M/ 10,039ft)

Estimated time: 4-5 hours estimated height gain: ~1116ft We will first pass the older part of Chame and climb up to Telekhu at 2,840 meter and continue with a long pleasant and mostly level walk through the forest to Brathang, which lies at 2,950 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 3,080 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. Overnight stay at guesthouse. All meals included.

Day 06 : Pisang- Manang (3,440M/ 11,286ft)

Estimated time: 5-6 hours estimated height gain: ~1247ft Today our trek will slowly climb up to the Tibetan-style village of Bryaga at 3,500 meter following the valley floor. At Bryaga we will see houses stacked one atop the other, each with an open veranda formed by a neighbor's rooftop. The gumpa, 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 Overnight stay at guesthouse. All meals included.

Day 07 : Manang- Acclimatization Day

We stay in Manang and can take a hike up to make Chongkor Viewpoint. From there we have a wonderful view on the entire upper valley of Manang and report directly to the Annapurna and Gangapurna opposite. Then we descend into the valley and the valley floor can wander along to Braga to visit the local small monastery and possibly again to enjoy coffee and cake at the German Bakery! Then we walk back to Manang. Overnight stay at guesthouse. All meals included.

Day 08 : Manang- Yak Kharka (4,200M/ 13,779ft)

Estimated time: 4-5 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. Overnight stay at guesthouse. All meals included.

Day 09 : Yak Kharka- Thorung Phedi Or High Camp (4,450M/ 14,599ft)

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 Ledar 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 4,420 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 guesthouse. All meals included.

Day 10 : Thorung Padi- Thorung La Pass (5,416M/ 17,769ft)- Muktinath (3,760M/ 12,335ft)

Estimated time: 8-9 hours estimated height gain: ~3170ft 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.

Thorong La Pass Trek

Thus the trail, while often steep, is 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 forever. 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. Overnight stay at guesthouse. All meals included.

Day 11 : Muktinath- Jomsom (2,750M/ 9,022ft)

Estimated time: 4-5 hours We now begin the descent down the dramatic Kali Gandaki valley, initially through arid country in the same geographical and climatic zone as Tibet. After passing through Jharkot and Khingar, villages with typical Tibetan architecture, we follow the valley floor most of the way to Jomsom and are rewarded with tremendous views of both Dhaulagiri and Nilgiri. Jomsom is a large town sprawled along both banks of the Kali Gandaki River, and it is here we will spend the final night of our trek. Overnight stay at guesthouse. All meals included. Note: we can also drive jomsom by Local jeep

Day 12 : Jomsom- Pokhara

After breakfast, we will fly to Pokhara (One of best flight for real mountain scenery, just 20 min flight) then we will drive to Hotel in Pokhara by Taxi/Van or Private Vehicles. After sometime, 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. Overnight stay at Hotel. Breakfast included.

Day 13 : Pokhara- Kathmandu

Drive to Sarankot hill for sunrise tour and fly back to kathmandu. Free in afternoon for Last Minute shopping or remaining day for Relax at hotel. Overnight stay at Hotel. Breakfast included.

Day 14 : 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.