



## **Annapurna Circuit Trek - 22 Days**

**Annapurna circuit Trek** is one of the classic and most rewarding treks in Nepal, which circles the Annapurna massif, starting from Besi Sahar and ending at Pokhara. For most of the trek we have close views of Annapurna, Dhaulagiri and the magnificent Machhapuchre (Mt. Fishtail). The high point of the trek entails crossing of the 5416m/17770ft high Thorong Pass, from the arid valley of the upper Manang, home of the Tibetan Buddhist, down to the Hindu pilgrimage site of Muktinath and the Kali Gandaki valley, the world's deepest river gorge, before heading down to Pokhara. Besides the mountain views, we encounter on this trek a variety of mountain communities of Gurung, Manangi and Thakali People. This is long and relatively hard trek that climbs to high altitudes, but is one of the greatest walks in the world that goes into the heart of the Himalayas.

**Duration:** 22 Days

**Cost:** USD 1650

**Destination:** Nepal

### **Day 01: Arrival in Kathmandu (1345m).**

Upon arrival in Kathmandu Airport, you will be met with our representative and warm welcome. We will then drive to your hotel and check in. You are free for the day. In the evening we will greet you with a welcome dinner.

**Dinner included**

### **Day 02: Kathmandu sightseeing and trip preparation..**

Today you will take a half day guided Kathmandu sightseeing of World Heritage site. You will be visiting Kathmandu Durbar Square and Swoyambhunath Stupa. After the sightseeing, we will be doing necessary preparation for the trip. You may wish to do some shopping of trekking gears such as pants, trousers, t shirts, jacket, trekking boots, hats, caps, globes, water bottles etc which are found everywhere in Thamel at a reasonable price.

**Breakfast included**

### **Day 03: Drive to Besi Sahar (750m) – 7 hours drive.**

After breakfast in the morning around 7am, your guide will come to pick you up and drive you to Besi Sahar (185 km) which will take about 7 hours to reach. Along the journey you will witness some spectacular scenery of White Mountains, green hills, rivers and hamlets.

## **Breakfast, Lunch & Dinner included**

### **Day 04: Trek to Bahundanda (1310m) - 6 to 7 hours.**

Today our journey starts at Besi Sahar, from where the trail makes the climb to Khudi at 790m, then reach the first Gurung village (many of Nepal's Gurkha Soldiers are Gurungs). As we continue from Khudi, the trail offers fine views of Himal Chuli and Peak 29 (Ngadi Chuli). It climbs to Bhulbhule at 825m, and then goes to Ngadi before reaching Lampata at 1,135m and nearby Bahundanda at 1,310m. It is a brilliant start to the culture of Nepal.

## **Breakfast, Lunch & Dinner included**

### **Day 05: Trek to Chamje (1400m) – 6 hours..**

Today our trail drops steeply to Syange at 1,070m from Bahundanda. On the way, you can see a large waterfall (season permitting). After crossing the Marsyangdi River on a suspension bridge, we follow the river to the stone village of Jagat before climbing through the forest to Chamje at 1,400m.

## **Breakfast, Lunch & Dinner included**

### **Day 06: Trek to Bagarchhap (2160m) – 6 to 7 hours.**

We will pass through a rocky trail following the Marshyangdi River steadily uphill to Tal at 1,675m, the first village in the Manang district. We make a trail verse crossing a wide, flat valley. The journey continues up and down to Dharapani at 1,890 m. A stone entrance Chorten typical of the Tibetan influenced villages. Upon reaching Bagarchhap at 2,160 m the typical flat roofed stone houses of local Tibetans can be seen along with the village surrounded by apple Orchards and maize fields

## **Breakfast, Lunch & Dinner included**

### **Day 07: Trek to Chame (2630m) – 4 to 5 hours.**

Today we negotiate a few steep forested ridges along with several landslides on route on the west. We should not forget to look up though, as we will be treated to some of the most sensational views of Lamjung Himal, Annapurna II, and Annapurna IV. Small hot springs add relief on our long day hard trek.

## **Breakfast, Lunch & Dinner included**

### **Day 08: Trek to Pisang (3185m) - 4 hours.**

We will first pass the older part of Chame and climb up to Telekhu at 2840m and continue with a long pleasant and mostly level walk through the forest to Brathang, which lies at 2950m. 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 1500m from the river. We will cross back to the south bank of the Marsyangdi on a suspension bridge at 3080 m 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.

**Breakfast, Lunch & Dinner included**

**Day 09: Trek to Manang (3530m) – 4 to 5 hours.**

Today our trek will slowly climb up to the Tibetan styled village of Bryaga at 3500 m following the valley floor. At the Bryaga we will see house 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 weirs 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 well stocked with all the things you might want to refuel on.

**Breakfast, Lunch & Dinner included**

**Day 10: Explore Manang and Acclimatize.**

Today we will stay in Manang where we can do a short hike to ascent slightly higher to for instance Khangsar, which is a 200m ascend. It is important to have a relatively restful day today, to allow your body to acclimatize to the higher altitudes and thinning air.

**Breakfast, Lunch & Dinner included**

**Day 11: Trek to Yak Kharka (4000m) – 4 to 5 hours.**

Continuing on from Manang, the trails ascends by nearly 500m to Yak Kharka. We make the climb steadily through Tenki Manang, leaving the Marshyangdi Valley. Continuing along the Jarsang Khola Valley, we reach Yak Kharka at 4,000m. Herds of yaks and vegetation appear to thin out

**Breakfast, Lunch & Dinner included**

**Day 12: Trek to Thorong Phedi or High Camp (4600m) – 3 to 4 hours.**

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 Thorong Phedi, a rock-strewn meadow surrounded by vertical cliffs at 4420m. 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.

**Day 13: Trek to Muktinath (3800m) via Thorong La Pass (5416m) – 6 to 7 hours.**

Today is a long trek starting before sunrise at around 4 am to reach the pass by 10 am at the latest, as otherwise weather conditions will greatly affects the journey. Today we will cross one of the highest passes in the World, Thorong La Pass at an altitude of 5416m. We have to reach there early to cross over the pass as we can be exposed to strong winds if crossing is 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 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 Thorong Phedi to the pass.

At the Thorong La pass with its traditional prayer flags and stone cairn we will have outstanding views. You

can see the Annapurna, Gangapurna and Khatung Kang a heavily glaciated peak. Amazingly there is a tea shop here on the top of the pass at 5416 m. From here we start a long descend of about 1600 m with the outstanding views of Dhaulagiri mountain standing alone in the distance across the valley. After the trail becomes less steep we will enter the 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 water spouts around it from which holy water pours. Another attraction nearby is the Jwala Mai Temple which contains a spring and an eternal flame fed by natural underground gas.

**Breakfast, Lunch & Dinner included**

**Day 14: Trek to Marpha (2670m) - 6 hours.**

From today, we will follow the “Jomsom trek” in reverse order. We will first make a 990m descend through meadows, streams and fruit orchards down to Kagbeni, a fascinating medieval village infused with Tibetan culture. Then we will continue going down the Kali Gandaki gorge to Jomson (more correctly Dzongsam, or “new fort”). We will reach Marpha via Jomsom.

**Breakfast, Lunch & Dinner included**

**Day 15: Trek to Ghasa (2012m) – 6 hours.**

Today the trekking journey will be around 6 hours. From Tukucho the trek begins downward walk along the Kali Gandaki river beach with a trail of motor able road. We will be slowly descending down toward Tatopani from Ghasa the next day.

**Breakfast, Lunch & Dinner included**

**Day 16 : Trek to Tatopani (1189m) – 5 hours.**

From Ghasa today we will slowly descend towards Tatopani meaning hot spring. Many locals also visit Tatopani while travelling to the holy Muktinath temple.

**Breakfast, Lunch & Dinner included**

**Day 17: Trek to Ghorepani (2775m) – 6 to 7 hours.**

Today is a bit hard day for trek up to Ghorepani with about 50-60 degree slope up via Ghara, Shikha and Chitre, the Brahmin and Magar Indigenous habitat. Nature spreads exotic sight of majestic snow-capped mountain peaks, lush vegetation and rich plant life before you. You will hike through rhododendron forest and reach a hamlet of cultivated fields. Continue walking for 3 hours and finally you will find yourself in Ghorepani. Ghorepani also houses lodges to provide food and accommodation to travelers.

**Breakfast, Lunch & Dinner included**

**Day 18: Hike to Poon Hill (3210m) and Trek to Hille (1510m) – 4 to 5 hours.**

Wake up early morning and hike to Poon Hill, which is one of the best Himalayan viewpoints in Nepal. Poon Hill provides an unobstructed view of the high Himalaya with the sunrise. After Poon Hill, trek back to

Ghorepani and breakfast. After breakfast we will slowly descend towards Hille. Trail descends steeply through dense moss-covered forest rich with bird life to Tadapani which provides you a close up sunset view.

**Breakfast, Lunch & Dinner included**

**Day 19: Trek to Nayapul and drive to Pokhara – 4 hours trek & 2 hours drive.**

After savoring the mesmerizing sight of Dhaulagiri, Tukulche Peak and other Himalayan giants from the popular vantage point of beautiful Himalayas, you leave Hille and march ahead for Nayapul. You further descend towards Birethanti. Birethanti lies stretched beside the Modi River and has resourceful town. Almost an hour beyond Birethanti, you come to the main road. Now you can easily access any means of transportation to drive to Pokhara. In the evening, you are free to wander by the lakes of Pokhara.

**Day 20: Drive to Kathmandu – 7 hours.**

After breakfast, we will drive back to Kathmandu enjoying the beautiful sceneries and crossing many hills and rivers. After reaching Kathmandu check in to your hotel and you have short time to refresh. In the evening we will proceed for farewell dinner with cultural show in a traditional Nepalese restaurants hosted by our company to celebrate the successful completion of your trek.

**Breakfast & Dinner included**

**Day 21: Free day in Kathmandu.**

Today you are free at leisure. You can explore Thamel area for some spa and massage, shopping of souvenirs or just enjoy in the cafe and pub.

In the evening we will proceed for farewell dinner with cultural show in a traditional Nepalese restaurant.

**Breakfast & Dinner included**

**Day 22: Transfer to Airport for Departure.**

Today you are free until your departure time to Airport. You can rest or relax or do shopping if you have some time. Our representative will come to pick you up 3 hours prior to departure time and transfer you to Airport. Have a good flight back home with beautiful Himalayan memories of Nepal.

**Breakfast included**

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