

Annapurna Circuit Trekking

During the Annapurna Circuit Trekking you encircle the majestic Annapurna massif. Also known as Round Annapurna Trek, it was nominated one of the best trekking trail of the world earlier. The trekking provides unmatched experiences of walking through a river valley, and to the arid zone of high Himalayan landscape including the adventure experience of crossing over the high Himalayan pass.

Annapurna circuit trek starts from Jagat after a long and tiresome drive from Kathmandu or Pokhara. The trail goes along the Marshyangdi river valley starting at a lower altitude and advancing to higher elevation.

The adventurous trek bestows with the spectacular beauty of Himalayan peaks from Dhaulagiri massif, Annapurna massif, Lamjung Himal, Manaslu range in which three peaks above eight thousand meter located. Not only the scenic beauty, but the trek also confers a challenging task of walking through a high Himalayan alpine arid zone with less oxygen and cross over the high Himalayan pass called Thorong-La (5,416 m/ 17,769 ft) from one valley to another. Annapurna Circuit trek or popularly known as Thorong La pass trek as well undeniably gives you a chance to experience multi-cultural life of Nepal with various ethnic flavour. Majority of people, place, and shrines in the higher Himalayan region belongs to the Buddhist philosophy, and lower settlements of mid-hill region and the river banks are filled with Hindu philosophy. Once nominated the best trekking trail of the world, Annapurna Circuit trekking is a wonderful amalgam of adventure, culture and nature.

Itinerary in Detail:

Day 01: Arrival in Kathmandu (1300 m / 4,265 ft):

Arrive Kathmandu – peculiar cultural capital city of Nepal. Our friendly representative will be there at the arrival arena with a placard to receive you and transfer you to your hotel.

After you complete check-in formality, and taking short rest, we introduce you the market of Thamel – the buzzing tourist hub where you can eat your supper, change money, buy some stuffs from supermarket, or buy trekking gears.

Later we take you to our office for the trip briefing.

Overnight at your hotel.

Delay of any kind will postpone the events for next day according to feasibility.

Day 02: Kathmandu Sightseeing - 4 hrs tour.

Enjoy your first breakfast in Nepal at your Hotel and prepare for the city tour. The sightseeing tour involves tour of two religious, and cultural important sites of Pashupatinath temple and Boudhanath stupa.

Pashupatinath Temple: Dedicated to the Hindu God Shiva, Pashupatinath temple is one of the most famous Hindu temples in South-Asia. This place is a UNESCO world cultural heritage site. The Bagmati river flowing besides the temple is religiously and spiritually important for Hindus where cremation of dead body takes place. Pashupatinath temple holds the most of prominence during Shivaratri – Shiva's birthday in which thousands of pilgrims gather to celebrate the day. Other occasional festivities and celebrations take place in the complex regularly.

Boudhanath Stupa: It is one of the biggest Stupas in terms of size and height in Nepal dedicated to Buddhism. The site is peaceful and culturally full of intermixed influence of Tibetan and Sherpa roots. Stupa built in the trading route between Kathmandu and Tibet has four pairs of eyes directed towards all four directions. The Stupa and philosophy around is influenced by Mahayana Buddhist philosophy. After short tour of city we return to hotel and prepare for the trek. Overnight will be spent at hotel.

Day 03: Kathmandu – Jagat (1,100 m/ 3,608 ft) – 10 hrs driving:

You are starting your adventure trek in the Annapurna region with a long and tedious yet scenic and spellbinding drive to Jagat – small town located in the Marshyangdi river gorge. You drive through the snake-bending like highway build in the mid-hill region of Nepal on beautiful landscapes. The drive is long and the part after Beshi Sahar is earth road. Overnight in the lodge.

Day 04: Trek Jagat – Dharapani (1,960 m/ 6,430 ft)/ 6 hrs walk:

Your first day walking begins after delicious breakfast at the lodge itself. The walk along the Marshyangdi river is beautiful section with various waterfalls on the right side of the river, as you are walking on the left side. You reach Tal – means lake, but no lake can be seen but wide open river bed with few houses – for lunch, and continue to Dharapani. It's comparatively big town, where the trekking from Manasalu region conjoins. Overnight in the lodge in Dharapani.

Day 05: Trek Dharapani – Chame (2,710 m/ 8,891 ft)/ 7 hrs walk:

The day is rewarding with beautiful view of the Himalayan peaks including Lamjung Himal (6,932 m/ 22,742 ft), Annapurna II (7,895 m/ 25,902 ft), Annapurna IV (7,536 m/ 24,724 ft), and Peak 29 or recently named as Dr Harka Gurung peak 7,871 m/ 25,823 ft) – to honor notable Geographer, author, and politician known for conservation work he performed – and others. The trail is challenging since you need to walk through some steep ridge and landslide crossings.

Overnight stay in the town of Chame – the capital market town of the Manang district.

Day 06: Trek Chame – Pisang (3,300 m/ 10,826 ft) / 6 hrs walk:

Yummy breakfast served at your lodge make you ready in the morning to start another stunning day of your trek. You will walk through the magnificent forest section today and slowly walking towards the alpine climate and zone. The trek to Pisang is rewarding day with some challenging hike uphill as well. There are two Pisang village, Upper and Lower.

Arrive Lower Pisang, and stay overnight in the lodge.

Day 07: Trek Pisang – Manang (3,500 m/ 11,482 ft) / 7 hrs walk:

It is one of the most beautiful day of your trek. We are taking you through the most thrilling route available. There are two routes to Manang, following the river bed, and from the higher up through the ridge. We take you via the upper route that offers the most magnificent view of the mountains that includes Annapurna II, III, IV, Pisang Peak (6,092 m/ 19,986 ft) and others.

As soon as you start from your lodge, you hike up to Gyaru – a challenging uphill to start with. You are now in a harsher climate and arid zone to struggle with. But, the hike worth with the view.

Arrive Manang and overnight stay at lodge.

Day 08: Acclimatization Day/ Excursion Trip around :

You spend the day in Manang – small yet beautiful village situated in the Marshyangdi river valley. This place is located in the northern slope thus getting the most sunlight, and least snow cover in winter.

You will go for a hiking trip to Bhojo Gompa – the monastery located in the higher hill from where the view of the village Manang, and Gangapurna Lake is magnificent. Or you can hike to the Gangapurna Lake – glacial lake located beneath the peak Gangapurna (7,455 m/ 24,458 ft).

The hike and extra day in Manang helps you to acclimatize well, adjust yourself to the high altitude climate, and prepare to cross over the Thorong-La pass. **Overnight at lodge.**

Day 09: Trek Manang –Yak Kharka (4,110 m/ 13,484 ft)/ 5 hrs walk:

After a day rest in Manang, you are now ready to embark on the real adventure trek onwards. Today is not longer distance to cover but due to higher altitude you start to walk slowly. You past Tenki Manang from where the view of Manang village and Marshyangdi river bed/valley behind with the Gangapurna lake and peak, and gigantic Annapurna massif is impressive.

Arrive Yak Kharka and overnight stay at the lodge. You can, if you are fit and fine, go for short acclimatization walk in the evening.

Day 10: Trek Yak Kharka – Thorong Phedi (4,540 m/ 14,895 ft)/ 4 hrs walk:

From Manang onwards already the landscape is dry, and harsh climate. You now struggle to walk in the higher altitude. Today, you walk around four hours to reach the Thorong Phedi – Base camp of the Pass. Some of you, if you are still strong, fit, and altitude is not affecting you, then may choose to walk another hour and half to the High Camp at 4,880 m/ 16,010 ft. Next day will be easier if you choose to reach High Camp, but equally chance that you struggle with altitude sickness.

Alternatively, many trekkers choose to trek via Tilicho Lake – glacial lake located at an altitude of 4,919 m/ 16,138 ft.

Overnight stay in the lodge in Phedi. Or, High Camp.

Day 11: Trek Thorong Phedi – cross over Thorong La (5,416 m/ 17,769 ft) – Muktinath (3,800 m/ 12,467 ft) / 8 hrs walk:

Today is the most important, tough, and awe-inspiring day of the entire trek. You start early in the morning and set off for the walk to Thorong-La pass. Yakawa Kang and Khatung Kang made up the pass that connects Manang valley with Mustang valley.

First hour is steep up to High camp and then bending gradual uphill to the top. It is slow and steady paced walk that tests your endurance in higher altitude where oxygen level is pretty less for you to breath. After you cross the pass, trek down long way – 1600m (5,249 ft)descent to reach Muktinath from the top.

Arrive Muktinath – the Hindu pilgrimage site where the temple dedicated to lord Vishnu is situated and famous as God of salvation –and stay overnight at the lodge.

Day 12: Trek - Muktinath – Jomsom (2720 m / 8923 ft) via Lubra Village/ 5 hrs walk:

The landscape in this part of the trek is totally different than earlier. Mustang used to be the forbidden kingdom bordering with Tibet, and with very similar geographical landscape.

From Muktinath first you climb to the Lubra danda and walk down to Lubra village –one of the picturesque Thakali villages in the region. During this walk, view of the mighty mountains including Dhaulagiri at the height of 8,167 m/ 26,795 ft –the seventh highest mountain of the world, Tukucho peak (6,920 m/ 22,703ft), Nilgiri peak (7,061 m/ 23,166 ft).

You walk in the huge Kaligandaki river valley to reach Jomsom located in the bank of the river. Overnight at the lodge in Jomsom.

Day 13: Fly Jomsom – Pokhara (900 m / 2952 ft)/ 18-20 mins flight:

Early morning, take the breathtaking flight from Jomsom to Pokhara by small plane. View of the Annapurna massif on the left, and Dhaulagiri massif on the right and flying over the deep gorge made by these two mountains is indeed thrilling.

After this flight you arrive Pokhara – the most beautiful tourist town of Nepal in the lap of the Annapurnas. You spend your leisure day in Pokhara strolling around the town, boating in the Phewa Lake, and having world-class meal. Overnight stay at a Hotel in Pokhara.

Day 14: Drive Pokhara – Kathmandu (1300 m / 4265 ft)/ 7 hrs drive:

Morning take a bus to Kathmandu. You drive the same way you drove to start trek from Dumre. The drive is scenic again along the river Trishuli.

Arrive your Hotel in Kathmandu and enjoy your free time.

Day 15: Cultural Tour of Kathmandu City / 4 hrs:

After breakfast at your Hotel, you embark for short tour of mysterious Kathmandu city. This historical, cultural and spiritual city unveils the social and age old historical mysteries to visitors. You walk through the narrow lanes of the ancient Kathmandu – the center of power for the centuries, and famous trade center between India and Tibet – that includes markets of Ason, Glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupas inside the family courtyard.

Visit of Kathmandu Durbar Square – the administrative quarter of Malla Kings (fourteenth to eighteenth century), and Shah Kings who ruled Nepal from 1768 until 2008. The most unique experience in the square is the visit to the temple of the living goddess “Kumari”.

After the tour, return back to your Hotel. If you are staying in Thamel, you can hang around this bustling tourist market and enjoy shopping. Overnight in Hotel.

Day 16: Departure Day:

As per your flight schedule, you will be transferred to the international airport of Kathmandu three hours prior to the flight time and your tour ends here.

Note: The itinerary presented here is based on our long experience in the Himalayas. During the trip you have options to drive or fly or add night(s) in any place as per your interest and affordability. We are happy to customize the Itinerary to match your interests. And, you may request us to organize only trek without Kathmandu tour and Hotel arrangements if you like to do so.

Cost Includes:

- ✓ Airport Pick Up and Drop Off (International & Domestic)
- ✓ 3 star standard hotel with breakfast in Kathmandu (Nepal standard)
- ✓ 3 star standard hotel with breakfast in Pokhara
- ✓ Tea house (Lodge) accommodation during trek
- ✓ All meals (Breakfast, Lunch, and Dinner) during trek
- ✓ Tea / Coffee (3 times a day) during trek
- ✓ A professional Trekking Guide, Porter (Helper), and Assistant Guide provided for more than 5 trekkers.
- ✓ Air ticket (Jomsom-Pokhara)
- ✓ All food, drinks, lodging, salary, insurance, medical equipment, and transportation for Trekking Staff
- ✓ Private transfer from Pokhara to Kathmandu,
- ✓ Kathmandu Cultural and Historical sightseeing with a Tour Guide, private transportation, and entrance fee
- ✓ Trekking Permit (TIMS)
- ✓ Annapurna Conservation Area Permit (ACAP)
- ✓ Down jacket, sleeping bag, fleece liner, and a duffel bag
- ✓ All government taxes

Cost Excludes:

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, your personal insurance coverages that should include the emergency helicopter evacuation, and any kind of expenses created due to unforeseen circumstances.
- Lunch and Dinner in Kathmandu and Pokhara.
- Tips for Guide Porter & Driver (Tips are not mandatory but expected, and recommended)
- Any other services that is not mentioned in Inclusion section

What to bring

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

General

- 1) Down sleeping bag (you can borrow with us if required).
- 2) Duffel or Rucksack bag (you can borrow with us if required).
- 3) Daypack
- 4) Down Jacket (you can borrow with us if required).
- 5) Fleece liner (you can borrow with us if required).
- 6) Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- 7) Water bottle with purification tablets.
- 8) Hand wash liquids.
- 9) Lip guard.
- 10) Sun-block cream.
- 11) Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- 1) Cap and ears covering hat.
- 2) Glacier glasses
- 3) Head torch.
- 4) Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- 1) Hand gloves (One light pair and One warmer pair)

Body

- 2) T-shirts – few.

- 3) Light and weight thermal tops and warm thermal top.
- 4) Light jacket and vest.
- 5) Wind and rain jacket.
- 6) Shirts and warm shirts.

Lower Body – Legs

- 1) Long and short hiking pants.
- 2) Lightweight and warm long underwear.
- 3) Rain and windproof trousers and warm trekking trousers.

Feet

- 1) Thin and thick socks.
- 2) Trekking boots, light shoes, and sandal.
- 3) Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- 1) Headache and fever medicine.
- 2) Ibuprofen for general aches and pains.
- 3) Burnt cream.
- 4) Immodium or Pepto Bismol capsules for upset stomach and diarrhea.
- 5) Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.
- 6) Antibiotics.
- 7) Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- 1) Passport and extra passport photos (2 copies).
- 2) Durable wallet/pouch for travel documents, money and passport.
- 3) Pocket knife.
- 4) Bandanas.
- 5) Favorite snack foods and energy bars
- 6) Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- 7) Binoculars.
- 8) Camera.

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.