

## Annapurna circuit trek



### Introduction

Annapurna circuit is considered one of the best and classic trek in the world. Yet no one dispute that the scenery is outstanding. The adventure round Annapurna trek takes you through diverse regional scenery of rivers, flora, fauna, and above all mountains and behind the [Himalaya](#). The trek goes counter-clockwise from Benisahar to Naya Pul and reaches its summit in Throng-La (pass) at the height of 5416m.

[Langtang](#) Himal, Anapurna II and IV, Gangapurna and of course Annapurna I and Dhaulagiri, passing through the world's deepest gorge in between those two 8,000 plus meter peaks. Poon Hill, at the end of Machhapucchre, the "Fishtail Mountain." The eastern portion of the trek follows the Marsyangdi River upstream, to its source near the village of Manang. After Throng-La pass, the other side, where it meets up with the Kali Gandaki valley. The trail is moderate to fairly challenging and makes numerous river crossing over steel and wooden suspension bridge. Tea houses and lodges along the circuit are available for meals and accommodations. At the end of the trek, several options are available; following the river further to the road prior to Naya Pul and catching a bus to Pokhara. Or adding on a trek to Annapurna Base Camp (ABC Trek) known as the Annapurna Sanctuary Trek.

### Trip Facts

Trip Duration	15 Days
Trip Grade:	Strenuous

### Cost Includes

- Airport to hotel and airport transfer by private car/ van.
- Require transportation as per itinerary.
- Require trekking permit and TIMS
- Accommodation twin sharing in Kathmandu includes breakfast as per itinerary.
- Accommodation twin sharing in Pokhara includes breakfast as per itinerary.
- Guided city sightseeing tour in Kathmandu includes entry fees.
- Require trekking permit, TIMS, and other entry fees.
- English speaking experienced & license holder trekking guide
- Trekking porter / s ( 2 trekkers can share a porter) carrying 15 KG
- Teahouse/Lodge accommodation on the trek.
- Insurance for staff.

## Itinerary Details

### 1. Arrived to Kathmandu (1300 M)

Upon arrival at Tribhuvan international airport in Kathmandu, you will be greeted by of our representatives, who will bring you to your hotel. After you have been settled in at your hotel, our representative will brief you in detail about your travel itinerary. After which, you will be taken on a stroll of the local market. In the evening, we offer you a welcome dinner at a Nepalese restaurant with Nepalese traditional cultural program.

### 2. Kathmandu city tour (1300 M)

Today, you will be taken on an interesting guided tour of Kathmandu city, you will visit historical monuments and religious holy places like temples, Stupas and durbar squares. The rest of the time, we will spend in preparation for trek.

### 3. Kathmandu to Besishar (820 M) / Bahundanda (1310 M)

An early morning breakfast then begins the trip around six-hour scenic drive to Besisahar, lunch in Bensishar and then we catch local bus or jeep to Bahundanda overnight at local teahouse/ lodge.

### 4. Drive to Chame (2630 M)

Today, after breakfast we start our journey to Chame village by local jeep/ or bus through a narrow and hilly road. During the drive you can explore many small village, clear mountains and valley views. Further, the Marshangdi River enters a gorge and the trails follows rock-strewn path. The route reaches a large white gate with a corrugated iron roof, which is the entrance of Chame village.

### 5. Trek to Pisang (3190 M)

Today, we start to trek and head towards Pisang village, crossing a long suspension bridge over Marshangdi River. The trail meanders through fields leading to Bratang. After leaving the forested

village, further on, we continue up steep trail to the south side and cross a long suspension bridge at 3040 meters enter the Pisang village.

#### **6. Trek to Manang (3520 M)**

Today we head along a steep incline, with wonderful views of Manang valley, Tilicho peak and we then arrive at Hongde. The trail then leads to the wide plain of the Saje Khola valley. Further, we continue along the cultivated rice fields and reach to Bryaga village that has a beautiful monastery. During the hike, we can see views of the Annapurna range- Annapurna II, Annapurna III, Annapurna IV, Ganagprna, Tilicho peak etc.

#### **7. Rest day in Manang for Acclimataze**

Today, we take rest in Manang for acclimatize. In the afternoon, we will make a short hiking trip to explore Manang village.

#### **8. Trek to Throng Phedi (option to Tilicho lake 3 day extra)**

Today, we cross a tributary below a falls northwest of Manang and climb gradually to a ridge before descending to the headwaters of the Marshangdi. Further on, we hike along attractive meadows with an occasional birth grove. After a short ascent on the right bank, we follow a narrow trail across an unstable steep slope to reach to Thorung – Phedi/ Base camp.

#### **9. Throng-La- Pass,(5416m) trek to Muktinath (3800 M)**

Today, we start to trek as early as we can to cross the pass; otherwise, weather conditions will badly affect the journey. The trail becomes steep immediately on leaving camp. After 4 hours of steady climbing, we reach to Thorung – Top at an altitude of 5416 meters. Throng – Top offers dramatic views of snow-covered mountains, to the head of the Kali Gandaki valley below and the brown and purple hill of Mustang. Further on, a pleasant walk to Muktinath, offers excellent views of Dhaulagiri and surroundings with its shrines and temple.

#### **10. Trek to Jomsom (2720 M)**

After breakfast, we begin the descent down the dramatic Kali Gandaki valley. After passing through Jharkot village with typical Tibetan architecture, we follow the valley floor most of the way to Jomsom. En-route, we get tremendous views of both Dhaulagiri and Nilgiri. Jomsom town is the districts headquarter of Mustang, spread along both bank of the Kali Gandaki River, and it is here we will spend the last night of the trek.

#### **11. Drive to Tatopani (option fly to Pokhara)**

After breakfast we drive to Tatopani (natural hot spring) by local bus / jeep. After reaching to Totopani you can take bath in natural hot spring. If you do not have time you can take flight to Pokhara during the flight you can enjoy a spectacular mountain views.

**12. Drive to Pokhara**

After breakfast we drive to Pokhara along the Kali Gandaki gorge, which provides wonderful views of both Dhaulagiri and Annapurna range. Pokhara City; it is without a doubt one of the most beautiful cities in the world.

**13. Pokhara sightseeing (820 M)**

Full day we make you Pokhara city sightseeing visit to cave, temple and boating in Phewa Lake. If you are looking for adventure paragliding trip, that will be possible in Pokhara.

**14. Drive back to Kathmandu (1300 m)**

After breakfast, we drive back to Kathmandu. We then transfer to your hotel. After you have refreshed, we will visit around Thamel (shopping area). In the evening, we will have a farewell dinner. Stay overnight at hotel on B.B basis.

**15. Final departure from Kathmandu**

Today ends your Annapurna circuit trekking trip in Nepal. Our representative will take you to the airport 3 hour before your scheduled departure. On your flight home, you will have plenty of time to plan your next wonderful trip to Nepal!