

## Annapurna Circuit Trek



Trip Grade: Moderate  
Duration: 14 Nights/15 Days  
Max. Altitude: 5416m

Destination: Nepal  
Region: Annapurna  
Activity: Trekking & Hiking  
Theme: Lodge & Tea House

WhatsApp  
+977 984107075  
Email us at:  
info@trekkingexperts.com

Scan to go  
to website



### Overview

Annapurna region is one of the best trekking destinations in world where thousands of people trek in this region every year. Annapurna region is very famous trekking destination in Nepal and Annapurna Circuit Trek is the most popular among them. Trekking Experts designed Annapurna Circuit Trek to allow to trek over highest trekking pass in the world i.e. Thorong Pass (5416m). Annapurna Circuit was known as hiking trail and gained its popularity since it was first opened to the world in 1977. Annapurna Circuit today is more common because of its spectacular variety of landscapes inhabited by different ethnic groups with rich culture, tradition and hospitality along with the majestic view of the Himalayas.

This remarkable Annapurna Circuit Trek takes you around the entire Annapurna massif reaching the Zenith at Thorong La Pass (5416m) and trail follows the world's deepest Kali Gandaki Gorge, with face of Annapurna I to the east and Dhaulagiri. Crossing the highest pass, Thorong La Pass on the way from Manang to Muktinath, you'll have panoramic views of mountains such as Dhaulagiri (8172m), Annapurna I (8091m) II, III, IV, Manaslu (8163 m), Annapurna south, Nilgiri, Machhapauchhare, Hiunchuli, Lamjung Himal, Tuku-che peak, Tilicho peak etc. The trail follows many passes, rich cultured villages like Manang, Pisang, waterfalls, beautiful villages, terraced farmlands, lush rhododendron forests and amazing mountain views.

### Highlights

- ✓ **Panoramic views of world's 10th highest mountain Mt. Annapurna (8091m)**
- ✓ **The diversity of landscapes, villages, ethnicities, lifestyles**
- ✓ **Trekking over world's highest trekking pass (Thorong Pass; 5416m)**
- ✓ **Trekking through world deepest gorge Kaligandaki**
- ✓ **Trekking in world most popular trekking route**
- ✓ **Scenic mountain views of high mountains such as Dhaulagiri (8172m), Annapurna I (8091m) II, III, IV, Manaslu (8163 m), Annapurna south, Nilgiri, Machhapauchhare, Hiunchuli, Lamjung Himal, Tuku-che peak, Tilicho peak etc.**

## Trip Itinerary

### Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll free time to explore Kathmandu. Dinner will be booked at the hotel.

**Accommodation:** Three Star Hotel

**Meals:** N/A

**Walking Hours:** N/A

**Altitude:** 1310 meters

### Day 02: Kathmandu-Jagat (alt. 1300m)

After earlier breakfast in Kathmandu, you'll drive to Besi Sahar. The journey starts with drive to Besisahar and again drive to Bulbule by local transportation. The route along to the Prithwi highway; from Dumre you'll divert to off the highway at the bustling town of Dumre and continue for a further one and half hours to Besi-sahar. After lunch at Besi Sahar you'll drive to Jagat.

**Accommodation:** Lodge

**Meals:** Breakfast/Lunch/ Dinner

**Walking Hours:** N/A

**Altitude:** 1300 meters

### Day 03: Jagat – Dharapani (alt. 1860m)

After breakfast at lodge, you'll we begin your journey along the Marsyangdi river after a steep climb we enter the vicinity of Manang region at the village named Tal. At Tal, you can see several waterfalls forming a river by the sandy beaches. You'll follow trail through barley, rice and potato fields and pass through the village of Koto which is one of the biggest villages in the Manang valley. You'll cross a suspension bridge, and after a short climb of the stone Kani and then you'll reach Dharapani. Upon arrival at Dharapani, you'll check-in at lodge.

**Accommodation:** Lodge

**Meals:** Breakfast/Lunch/ Dinner

**Walking Hours:** 5 Hours Walk

**Altitude:** 1860 meters

### Day 04: Dharapani- Chame (alt. 2610m)

After breakfast at lodge, today you'll follow the trail through forest with pine, fir, oak and maple trees along the Marsyangdi river to reach Chame, district headquarter of Manang district. Chame is surrounded by the green forest around and you'll see remarkable views of Lamjung Himal, Annapurna II, and Annapurna IV (7,525m).

**Accommodation:** Lodge

**Meals:** Breakfast/Lunch/ Dinner

**Walking Hours:** 6 Hours Walk

**Altitude:** 2610 meters

### Day 05: Chame- Pisang (alt. 3115m)

After breakfast at lodge, you'll walk through a steep and narrow valley today. During the trek you can have your first view of a massive wall of rock that is considered very sacred to the local people, Paungda Danda rock face, a curved rock face rising 1500m from the river. From here, you can also see clear views of Annapurna II at the south and Pisang Peak at the north east. Next, you'll descend to the Manang Valley.

**Accommodation:** Lodge

**Meals:** Breakfast/Lunch/ Dinner

**Walking Hours:** 5/6 Hours Walk

**Altitude:** 3115 meters

### Day 06: Pisang- Manang (alt. 3540m)

After breakfast at lodge, you'll trek to Manang today. The trail follows upper trail through upper Pisang via Geru, you can choose this trail as it offers outstanding views of north face Annapurna II, III, IV, Gangapurna, Tilicho and Pisang Peak. As you ascend you'll feel air turn cold, dry and harsher. The trail goes through Tibetan settlement and you get a chance to explore Buddhist culture in a short visit to Braga Monastery, largest in Manang.

**Accommodation:** Lodge

**Meals:** Breakfast/Lunch/ Dinner

**Walking Hours:** 5/6 Hours Walk

**Altitude:** 3540 meters

**Day 07: Manang (alt. 3540m)**

Today you've full day to explore around Manang and rest there. In order to your body to acclimatize you'll spend this day exploring around Manang. Early morning you'll hike up to Gangapurna Lake and Base Camp spend the day admiring Annapurna III, Tilicho, Pisang and Chulu Peaks ,room around Manang Village and Monasteries. In the afternoon you may visit the Himalayan Rescue Association in Vraja village where we will be briefed about acute Mountain Sickness., its symptoms and preventions.

**Accommodation:** Lodge

**Meals:** Breakfast/Lunch/ Dinner

**Walking Hours:** N/A

**Altitude:** 3540 meters

**Day 08: Manang- Yak Kharka (alt. 4050m)**

After breakfast at lodge, today you'll head further towards Thorong Pass. From Manang you'll cross a stream and climb up to Tenki village then head out of Marshyangdi valley northwest up Jar Sang khola valley .the trail ascends slowly as we head northward. You will pass a few pastures and juniper trees . Following the trail you will pass though a small village called Gunsa with houses made of flat mud roof and then pass pastures with yaks and horses. After crossing a small river on a wooden bridge, you make your way up the spectacular valley to an open, peaceful meadow known as Yak Kharka.

**Accommodation:** Lodge

**Meals:** Breakfast/Lunch/ Dinner

**Walking Hours:** 4 Hours Walk

**Altitude:** 4050 meters

**Day 09: Yak Kharka- Thorong Phedi (alt. 4525m)**

After breakfast at lodge, you head to the foot of Thorong La pass, Thorong Phedi. You'll climb up to a ridge then head down and cross the Marsyangdi river on a wooden bridge. After a climbing up the mountain path you'll follow a narrow trail across a slope and descend to Thorung Phedi. The uninhabited, rugged terrain is otherworldly and much different than the lush lowlands that you passed on the way up during the initial phase of the trek.

**Accommodation:** Lodge

**Meals:** Breakfast/Lunch/ Dinner

**Walking Hours:** 4/5 Hours Walk

**Altitude:** 4525 meters

**Day 10: Thorong Phedi- Muktinath (alt. 3760m)**

After early breakfast at lodge, today you'll trek the most challenging part of this trip. You will cross Thorong La pass (5416m), one of the highest passes in the world, and the highest point of the trek. You need to wake up at very early morning complete this challenge. You need to push yourself through the icy air, and high altitude but the view from the pass will make it totally worth it. You will see a panorama of majestic Himalayan peaks extending northwards into Tibet; at the back we can see several of the main peaks of Annapurna. After panoramic views from Thorong Pass, you'll descend all the way to Muktinath; a sacred place for both Hindus and Buddhists. The Buddhists call it Chumig Gyatsa, which in Tibetan means "Hundred Waters".

**Accommodation:** Lodge

**Meals:** Breakfast/Lunch/ Dinner

**Walking Hours:** 8/9 Hours Walk

**Altitude:** 3760 meters

**Day 11: Muktinath – Jomsom (alt. 2720m)**

After breakfast you'll visit Muktinath temple before continuing our journey to Jomsom.

**Accommodation:** Lodge

**Meals:** Breakfast/Lunch/ Dinner

**Walking Hours:** 5 Hours Walk

**Altitude:** 2720 meters

**Day 12: Jomsom-Tatopani (alt. 1190m)**

After breakfast at Jomsom, you'll take local bus/jeep to Tatopani which will take about about 4/5 hours drive. You'll follow the route of Marpha, Kobang, Lete, Ghasa, Tatopani. It's all the way rough road-off road. On the way, you will explore the 300 meter waterfall-Rupse Waterfall. Ghasa is a border of the Annapurna and Mustang region. Marpha is also known as the apple orchid. You can take flight option to Pok-

hara as well by paying extra.

**Accommodation:** Lodge

**Meals:** Breakfast/Lunch/ Dinner

**Walking Hours:** 5/6 Hours Drive

**Altitude:** 1190 meters

### **Day 13: Tatopani-Kathmandu (1310m)**

After breakfast at Beni, you'll take your final destination, Kathmandu. About 4 hours drive from Tatopani, you'll reach the beautiful city, Pokhara. And from Pokhara you'll drive about 200 km to Kathmandu through Prithvi Highway. Upon arrival in Kathmandu, you'll check-in at hotel.

**Meals:** Breakfast/Lunch

**Walking Hours:** 7/8 Hours Drive

**Altitude:** 1310 meters

### **Day 14: Kathmandu (alt. 1310 m)**

Today is your last day in Nepal and you can relax at hotel or do souvenir shopping for your loved ones. Also you can visit world heritages sites of Nepal. There are seven world heritage sites in Kathmandu which are very beautiful, interesting and meaningful. You shouldn't miss to visit them. You may contact our tour officer if you need any support for visiting those sites and its costs.

**Accommodation:** Three Star Hotel

**Meals:** Breakfast

**Walking Hours:**

**Altitude:** 1310 meter

### **Day 15: Departure from Kathmandu**

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

## **What's Included**

### **Meals & Accommodations**

3 nights in Kathmandu at three star-hotels on twin sharing basis with bed & breakfast

11 nights in local lodges during the trekking on twin sharing basis in common rooms with full board (Breakfast, Lunch and Dinner)

### **Transportation & Flights**

- All airport/hotel/airport transfers by private air-conditioned vehicle
- Kathmandu-Bensi Sahar ground transfer by air-conditioned private vehicle
- Bensi Sahar-Jagat by private vehicle with trekking staff
- Jomsom-Tatopani and Tatopani-Beni-Kathmandu by flight with airport taxes
- 15 kg baggage per person for trek and flights

### **Permits & Fees**

Annapurna Conservation Fee

TIMS Fee

### **Guide & Supporting Crew**

1 English speaking experienced trekking guide

1 porter for every two members to carry personal baggage

### **Value-Added Services**

Comprehensive First Aid Kit

Comprehensive Trekking Map and Kathmandu Valley Map

## **What's not Included**

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Medical and travel insurances
- International airfare and taxes
- Nepal Visa fees
- Emergency helicopter rescue charges
- Main meals in Kathmandu (lunch and dinner)
- Tips for trekking crew