



## Annapurna Circuit Trek



## Overview

Annapurna Circuit Trek better known as Round Annapurna Trekking is one of the most rewarding treks that Nepal offers. Annapurna Circuit Trek comprises of picturesque Himalayas, raging rivers, deepest gorges, natural hot springs, pilgrimage sites, and cultural villages which make it one of the most diverse trekking routes in Nepal. Annapurna Circuit is undoubtedly one of the most popular trekking destinations in the world. This trek never ceases to disappoint the trekkers, every day a new surprise awaits for them. Circling the Annapurna will enthrall you with the joy and sense of achievement. It is also well-liked Trekking route in Nepal that follows great Himalayan view, unique geography, and climate. The best mountain attractions are Mt. Annapurna I 8091m, Mt. Annapurna II 7937m, Annapurna III 7555m, Annapurna IV 7525m, Mt Dhaulagiri 8167m, Mt. Manaslu 8163m, Tukucho peak, Tilicho peak 7,134m. Other than mountains this trail meanders from deepest gorge and highest passes in the world. Brace yourself and embark on the one of the most prestigious trekking destination that is sure to give you the adventure of life time.

## Trip Facts

- Annapurna area was opened to foreign trekkers in 1977.
- Annapurna area is restricted and subject to extra permits, cost and other limitation.
- Total length of the route varies between 160–230 km.
- Trail crosses the highest pass in the world; Thorang La Pass(5416m).
- With the construction of road, mountain biking is becoming popular, with Mustang in particular becoming one of the world's most popular mountain biking destination.
- One of the sacred Hindu Shrine: Muktinath Temple.
- The trail changes dramatically around and rich diverse group of wild animals and birds such as Danfe (Pheasant) long tail birds and animals like snow leopard, jackal, blue sheep, etc.
- Annapurna Circuit has often been voted as the best long distance trek in the world; as it combines wide variety of climate zones and cultural variety from Hindu Villages at the low foothills to the Tibetan culture of Manang Valley and Lower Mustang.
- Annapurna Massif (Annapurna I-8091m, Annapurna II-7937m, Annapurna III-7555m, Annapurna IV-7525m), Dhaulagiri-8167m, Machhapuchhre-6993m, Manaslu-8163m, Gangapurna-7455m, Tilicho Peak-7134m, Tukucho Peak-6920m, Paungda Danda-4730m and many other mountainous views can be seen through this trek.



## Annapurna Circuit Trek



# ITINERARY

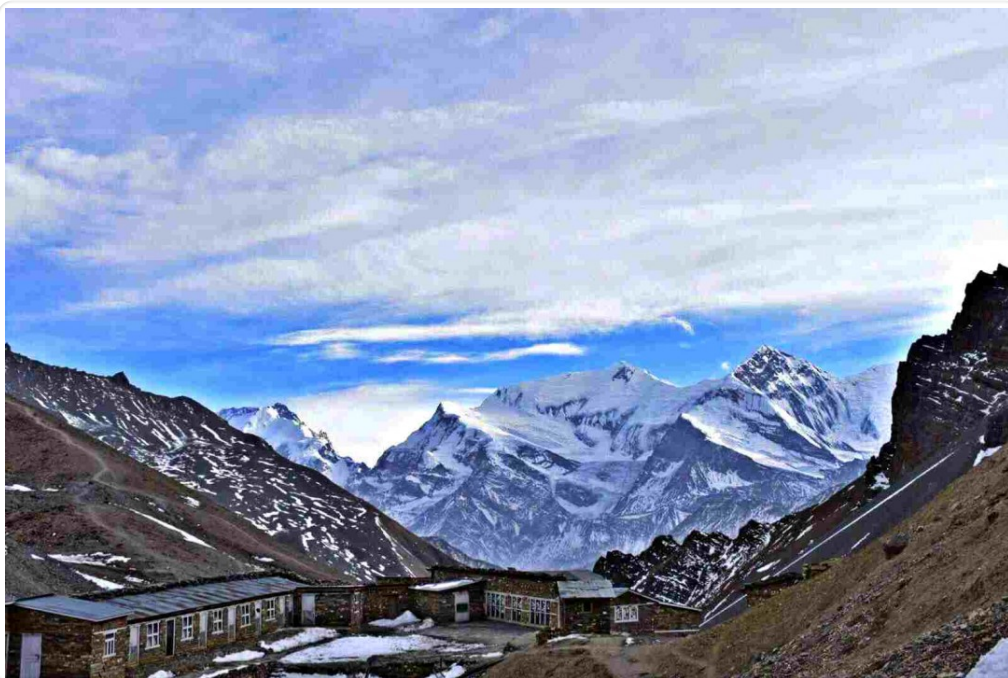
Days	Destination
17 Days	Annapurna Circuit Trek

Days	Description	Accomodation	Meals
Day 1	ARRIVAL IN KATHMANDU: As soon as the airplane lands, you'll sense the beginning of adventure. Our representative will be at airport to greet you and escort you to the hotel. Savor the taste of hustle and bustle in Kathmandu, where everyone would seem busy but never too busy to greet you with smile. At evening, we will brief about the itinerary and permit and later we will go for nice dinner.	Hotel	Dinner
Day 2	KATHMANDU SIGHTSEEING: A visit to Boudhanath early in the morning and then to the city of devotees, Bhaktapur Durbar Square will purify your soul. Further exploration of the city will be carried out as per your preference. At the moment, our representatives will be doing the necessary preparation for the trip.	Hotel	Breakfast
Day 3	KATHMANDU TO JAGAT: We'll Leave Kathmandu for two weeks or more. We'll make sure a private Jeep is ready to take us to Jagat which is situated at an altitude of 1330 m and it should take us around 7-8 hours. Throughout the day, we'll observe big rivers, curvy roads, local shops, local life, local bazaars and small hydropower dams. Upon reaching the Jagat we get one step closer to the mountains.	Teahouse	Breakfast,Lunch,Dinner
Day 4	JAGAT TO DHARAPANI: A day when real walk begins where we pass through villages like Chamje, Tal and Karte to reach Dharapani	Guesthouse	Breakfast,Lunch,Dinner
Day 5	DHARAPANI TO CHAME: Today we leave Dharapani and head towards Chame. Our trail approaches gentle ascent till we reach the beautiful village of Chame. The people of Chame followed the Nepal-Tibet trade route a long time ago, and settled here. They brought with them the customs and building style of the Tibetans, and have upheld the culture through the centuries. Chame has lovely views of Annapurna II, and is crossed by a pair of burbling hot springs.	Guesthouse	Breakfast,Lunch,Dinner
Day 6	CHAME TO PISANG: A steep and narrow path through a very dense forest will bring us to the dramatic curved rock face, rising 1500m from the river. It is so steep that the trail is carved into the vertical rock. After passing this last bit of rock, the valley opens up with majestic vistas. We trek for a while before reaching Upper Pisang where we spend the night.	Teahouse	Breakfast,Lunch,Dinner
Day 7	PISANG TO NGAWAL: From Pisang, the high trail enters pine groves to reveal the view of the small turquoise lake of Mring Tso. The trail ascent to Ghyaru and enters well-cultivated barley and buckwheat field before we reach Ngawal. Ngawal is one of the most picturesque villages in Annapurna. The Main reason for our stay at Ngawal is to acclimatize to the high altitude. One of the main attractions of this village is a centuries old cave of Guru Rinpoche that is in the hills overlooking Ngawal village. The local people believe that the cave leads to Mustang. Overnight at Ngawal village.	Guesthouse	Breakfast,Lunch,Dinner

Day 8	NGAWAL TO MANANG: Manang is just a few hours easy walk far from Ngawal. We pass through deep forest and monastery to reach Manang. It's basically the capital of Annapurna Circuit Trek. Gangapurna Lake adds beauty to already beautiful Manang village. There are plenty of monasteries nearby to explore. Local cinema hall can be a really fulfilling experience for the night.	Guesthouse	Breakfast,Lunch,Dinner
Day 9	MANANG TO YAK KHARKA: From Manang, we resume our trek and advance towards Yak Kharka which ascends by nearly 500 m. We make the climb steadily through Tenki Manang, leaving the Marsyangi Valley. Continuing along the Jarsang Khola Valley, we reach Yak Kharka at 4,000 m. Herds of yaks and vegetation appear to thin out. Overnight stay at a guesthouse; We reach Yak Kharka by the lunch time, so we add another hike to the Chuluwest Base Camp.	Teahouse	Breakfast,Lunch,Dinner
Day 10	YAK KHARKA TO THORANG PHEDI: It is an uphill walk to Thorang Phedi. After walking for some time we cross a suspension bridge and reach Ledar village. We ascend further more and pass through towering cliffs before reaching Thorang Phedi, the last village before Thorong La pass. On this trip, we are rewarded with one of the best views of Mt. Gundang, Mt. Syagang, Thorung Peak and Mt. Khatungkan. The word 'Phedi' in Nepali language is referred to as the foot of a mountain.	Teahouse	Breakfast,Lunch,Dinner
Day 11	THORANG PHEDI TO MUKTINATH: Day 11 is the most challenging day for us because we will cross the highest pass (Thorang La Pass) in the world. We depart early in the morning so that we could cross the pass smoothly as the weather may hurdle the passing during the noon. Infamous Thorang Lass Pass is a very difficult pass which requires staunch effort. Later at evening, we reach Muktinath; Celebrated Hindu Shrine .	Hotel	Breakfast,Lunch,Dinner
Day 12	MUKTINATH TO TATOPANI: Today we give rest to trekking and instead choose bumpy jeep ride to Tatopani which means Hot water. To reach Tatopani we cross many famous villages like; Jomsom, Marpha ,Ghasa etc. Upon reaching Tatopani, we can relax at natural hot Spring, this will be quite rewarding to us after the strenuous trekking.	Teahouse	Breakfast,Lunch,Dinner
Day 13	TATOPANI TO GHOREPANI: Today it's an uphill battle to reach Ghorepani, it takes 6-7 hrs to reach Ghorepani. It is going to be a long walk to reach and stay overnight at Ghorepani.	Teahouse	Breakfast,Lunch,Dinner
Day 14	GHOREPANI TO TADAPANI: Today's trek is going to be very rewarding as we transverse through beautiful florid rhododendron forest. We leave very early at morning to Poon hill to see the lovely sight of sunrise and later we head to Tadapani see the beautiful rhododendron.	Teahouse	Breakfast,Lunch,Dinner
Day 15	TADAPANI TO POKHARA: We head to Ghandruk ; a Gurung village which is quite famous for its beauty and hospitality. We stay there for a while and take a ride to Pokhara.	Hotel	Breakfast,Lunch
Day 16	POKHARA TO KATHMANDU: After 6-7 hours drive we will reach the heart of the country where the necessary preparation for the departure day will be carried out. This is a day for you and therefore you can explore the shops and spas of the city or join the evening worship at Pashupatinath. If time is sufficient we will be preparing a small farewell get-together.	Hotel	Breakfast
Day 17	DEPARTURE: Everyone has to part their ways and therefore to make your memories more special we will be arranging a farewell lunch for you as per your flight status. We will be escorting you to the airport.	-	Breakfast,Lunch



# Gallery



## Detail Inclusions

- Airport transfers with an escort by Private Vehicle;
- Standard/Deluxe rooms in Kathmandu on twin/double sharing basis with breakfast;
- Guided sightseeing tour in Kathmandu along with entrance fees and a professional guide;
- Accommodation during trek (or camping in case of need);
- All meals (Breakfast, lunch, dinner) during the trek;
- Authorized English speaking guide along with Porters for the trek;
- Equipment clothing for porters including their insurance;
- All applicable government tax;
- All expenses for all staff –meals, accommodation, salary, equipment, insurance, transportation;
- All necessary paperwork and Annapurna Circuit Trekking Permit, Trekkers' Information Management System fees (TIMS);
- Medical kit (carried by your trek leader);
- Get-to-know (welcome) and farewell dinner in Kathmandu

## Complimentary

- Arrangement of tea, coffee during the trek;
- Get-to-know (welcome) and farewell dinner in Kathmandu;
- Map of Annapurna region;
- Occasional hot Shower during the trek;
- Trekking Massage (at the end of the trek);
- Optional: If time allows, we can go for 'Balthali village Resort' for relaxation or farewell friendly drinks at bar;
- Sim service;
- Souvenir from Nepal;
- Photos and videos of the trip;
- Certificate of appreciation

## Exclusion

- International flights; Nepalese visa fee;
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, early return from mountain due to any reason other than the scheduled itinerary;

- Lunch and evening meals in Kathmandu;
- Travel and rescue insurance;
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.);
- Tips for guide(s), porter(s) and driver(s)

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## **Our Services**

**High altitude trekking, expedition, peak climbing, outdoor adventures, recreational activities, overland tours, retreats & getaway**