Annapurna circuit trek

Introduction

Annapurna round trek is known as circuit trek. The popular Annapurna circuit trek route is considered as a best classic trek in Nepal. We have two options for circuit trek, one is clockwise and another is anticlockwise. The most of trekkers follow the anticlockwise trekking route, because we can gain altitude slowly, and crossing the legendary Thorong-La pass safely. This trek crosses two different river valleys, one of Marshyangdi River (Manang) valley and another one is Kali–Gandaki River (Mustang) valley. Kali–Gandaki has a deepest gorge, which has been recorded as deepest gorge of world. The trail offers outstanding scenery on entire trip; slowly we reach to behind the Himalaya after summit the Thorong–La. We can experience traditional Buddhist culture ancient monasteries and chortans with colorful prayer flags. We will visit to famous Hindu pilgrims' site at the Muktinath temple with 108 running water taps and an unbroken flame. We can see the diverse landscapes, subtropical forest, high alpine deserts, the massif views of (I -IV)Mt.Annapurna, Mt.Manaslu, Mt. Machhapuchere,Mt.Dhaulagiri includes Gangapurna himal, Nilgiri, Pisang peak and Tilicho peak. The trek start from Kathmandu with 6 hours' drive to Bensisahar, then will catch another Jeep or bus to Chame village. The trail is moderate up to Manang, and then up to Muktinath is a bit challenging. We follow the Marsyangdi River bank up to Manang. In between we can visit many traditional villages which are really amazing for historical knowledge and experience. Manang is a paradise for visitors and best destination for cultural explorers as well adventure lovers. After Throng-La pass, we enter to Kali-Gandaki (Mustang) valley. Now, we will follow the Kali-Gandaki River. The next day, lunch will be in Jomsom Bazaar then go to Marpha village for overnight. Marpha has a beautiful apple orchard. The next, we will drive by bus to Tatopani(natural hot spring) where you can relax with bath. Now, the Annapurna circuit trek is completed, but if you have time 2 more days, you can trek to Poon Hill and require a week for Annapurna base camp.

Trip Facts

Trip Duration	15 Days
Trip Grade:	Strenuous

Cost Includes

- Airport to hotel and airport transfer by private car.
- 3nights Accommodation twin sharing in Kathmandu include breakfast.
- 2nights Accommodation twin sharing in Pokhara include breakfast.
- Pokhara city sightseeing and an hour boating in Fewa Lake.
- Kathmandu /Pokhara /Kathmandu transfer by tourist bus.
- Pokhara to trek starting point and return transfer by car.
- Require trekking permit, TIMS and other entry fees.
- A English speaking experience & license holder trekking guide
- Trekking porter (2 trekkers will share a porter) carrying 15 KG
- Teahouse / lodge accommodation on the trek
- Three meals a day (Breakfast/ Lunch/ Dinner) during the trek
- A basic first Aid medical kit box.
- All government tax and local taxes.

Itinerary Details

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

   On your arrival, we will be waiting at Tribhuvan international airport for welcome to Kathmandu, the capital-city and cultural hub of Nepal then we will transfer you to hotel. After being refresh, the trip leader will briefing in details about the program and take a stroll at the local market.in the evening we offers you a welcome dinner at Nepalese restaurant with Nepalese traditional cultural program.

2. **Kathmandu City Tour.(Optional Trip for World Heritage Sites)**

   Today full day will be interesting guided tour to Kathmandu city, visit to historical monuments and religion holy places like temples, Stupa and durbar squares. During the sightseeing, you will experience culturally diverse of Kathmandu valley and explore wonderful world heritage. Rest of time we will spend for preparation of the trek.

3. **Bus to Bensisahar 5hrs(760m)Jeep/bus to Chame (2670m)3/4 hrs**

   An early morning breakfast then begins the trip around six-hour scenic drive to Besisahar, lunch in Bensishar and then 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.

4. **Trek Chame to Upper Pisang (3300m)6/7 hrs**

   Today, we start to trek towards Pisang village which is beautifully located and offers tremendous views of Himalaya. We cross a long suspension bridge over Marshangdi River. Now, the trail leads through Bratang village and forest. Again we climb up and cross a suspension bridge situated at an altitude 3040 meters, and then enter to Pisang village. In the evening we will tour around village.

5. **Trek Pisang to Manang (3540m) 6/7 hrs**

   Today, we will have breakfast then heading towards Hongde along a steep graudly. The trail offers wonderful views of Manang valley and Tilicho peak. From Hongde the trail leads through a wide plain Saje Khola valley, cultivated rice fields and offers views of the Annapurna II, Annapurna III, Annapurna IV, Ganagprna, Tilicho peak. Finally we reach to Bryaga village and we can visit a beautiful ancient monastery.

6. **Explore Manang Village acclimatization day.**

   Today, we take rest in Manang for acclimatize. In the afternoon, we will hiking around to explore Manang village. It is a paradise for visitors and best destination for cultural explorers, because it has many ancient monasteries, Tibetan-influenced cultural and tradition. The picturesque village Manang also offers opportunities for adventure activities.

7. **Trek Manang to Yak-Kharka (4018m) 5/6 hrs**

   We spent the day in Manang as altitude acclimatization. We explore surrounding of Manang and physically also became refresh. Today we continue our trek towards Yak-kharka. We will cross a small stream then climb to beautiful Tanki village. The trail gradually climb up and passing through several pastures juniper forest. we will take short rest in Gunsan is small but beautiful village, then we will passing through Horse and Yak pastures to reach Yak-Kharka for overnight stay.

8. **Trek Yak Kharka to Thorong Phedi (4450m) 5/6 hrs**

   Today, we walk on altitude so takes time to reach Thorong - La phedi (base camp). We will heading to north-west and cross water falls then climb up gradually to a hill then descending to the estuary of the Marshangdi River. Further on, we hike along attractive meadows. Now we take a short ascent on the right bank with narrow foot-path to reach to Thorung–La Phedi. We will spend the night Base camp and preparing physical and psychologically for tomorrow.

9. **Climb to Thorong La Pass (5416m) to Muktinath (3800m) 8/9 hrs**

   Today is top most challenging day of our trip. We start to trek as early as we can to cross the pass; otherwise, weather conditions will badly affect the journey. The trail is climb up until Thorong-La

pass. Almost takes 4 hours reach to Thorong–La Top situated at an altitude of 5416 meters. It offers tremendous 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 Himalaya, Buddhist Monastery and Muktinath temple surroundings.

10. **Trek Muktinath to Marpha (2700m) 5/6 hrs**

    After breakfast, we will start trek descent towards Kali-Gandaki valley through Jharkot village with typical Tibetan architecture. From Ekkle-bhati, we follow the river bank of kali-Gandaki to Jomsom. En-route, we get tremendous views of both Dhaulagiri and Nilgiri. We will have lunch break in Jomsom town is the districts headquarter of Mustang, spread along both bank of the Kali Gandaki River. We will spent few time to explore Jomsom, then forwards to Marpha village for overnight stay.

11. **Trek Marpha to Tatopani (1190m, Hot Springs) by bus 2 hrs**

    After breakfast, we do a scenic drive to Tatopani (natural hot spring) by local bus / jeep. The road goes through many beautiful village and tea-house and offers fantastic views. After reaching to Totopani you can take bath in natural hot spring. it makes you refresh.

12. **Tatopani to Pokhara (800m) by drive 5/6 hrs**

    After breakfast, we will travel to Pokhara by bus. At the beginning, we drive couple of hour along the way Kali - Gandaki gorge and then through the beautiful landscape, small towns and villages. Pokhara is a beautiful and second largest city of Nepal. Pokhara has many lakes among them Phewa lake is popular situated in close to town. Pokhara provides wonderful views of both Dhaulagiri and Annapurna range. During the boating, we can see the shadow of Mountain in Phewa Lake.

13. **Pokhara City Sightseeing (820 M)**

    Today, we make you Pokhara city sightseeing. We will visit to Mahendrapul main market of Pokhara, Bindabawashini temple, Davis fall, Gupteshwor cave and boating in Phewa Lake. If you are looking for adventure paragliding trip, that will be possible in Pokhara.

14. **Pokhara to Kathmandu by bus/ flight.**

    After breakfast, we drive back to Kathmandu. We then drop you in hotel. After you have refreshed, we will visit around Thamel. If you wish you can spend time for shopping as souvenir in town. Today is last night in kathmandu so we will have a dinner together. Stay overnight at hotel on B.B basis.

15. **Transfer to International Airport.**

    We will assist you to go to Airport. The airlines request to reach 3 hours prior than departure time. We wish for your comfort and safe flight. We expect see you soon for your next wonderful trip to

Nepal!