



Annapurna Circuit Trek

This trek has long been considered the best trek in Nepal and one of the world's classic walks. It used to take three whole weeks to complete the trek. However, since the construction of motorable roads in parts of the trekking trails, the number of trekkers and the length of trek has significantly decreased.

The trek starts from a place called Bulbule, a 50 kilometre drive from Pokhara and 200 kilometres from Kathmandu. Starting at the subtropical climate and deep pine forests the trail ascends to dry, desert-like, trans-Himalayan regions. One acclimatisation day at Manang, with its wonderful day hikes is important before crossing the 5415m Thorong La Pass, which is the highest point of the trek. This strenuous walk is rewarded by its magnificent views.

From Thorong La pass, the trails descend steeply to Muktinath. Muktinath is a common pilgrimage for Buddhist and Hindus. The trail descends further to Kagbeni, a medieval looking Tibetan influenced settlement.

From Jomsom to Tatopani, motorable roads make the trekking trails dusty. So, many decide to end the trek at Jomsom. But after Tatopani, the trail climbs steeply to Ghorepani, ending the trek at Nayapul (Pokhara). This part of the trek has its own importance for its magnificent views and traditional Villages.

Trip Features

Trip Duration: 20 days

Trek Duration: 15 days

Max. Elevation: 5416 m

Grade: Moderate to strenuous

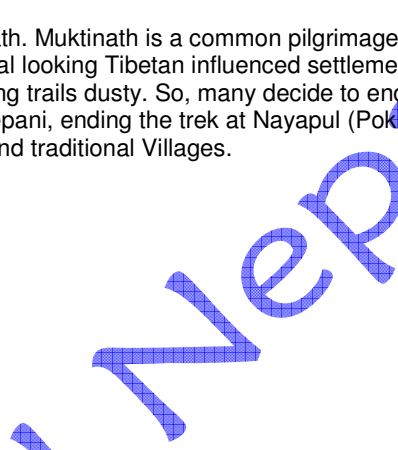
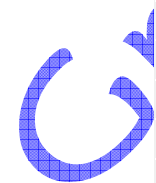
Trek style: Lodge-to-lodge (Teahouse)

Walking Time: 4 to 5 hours per day

Best Season: March-May, September-November

Itinerary:

Day1:	Arrival in Kathmandu(1,350m). Transfer to Hotel.
Day2:	Trek Briefing and Sightseeing in Kathmandu (1350m)
Day3:	Drive Kathmandu to Besisahar (820m) 8hrs
Day4:	Besisahar to Bahundada (1310m) 6hrs
Day5:	Bahundada to Chamje (1410m) 6hrs
Day6:	Chamje to Dharapani (1960m) 6hrs
Day7:	Dharapani to Chame (2675m) 5.5hrs
Day8:	Chame to Pisang (3100m) 5hrs
Day9:	Pisang to Manang (3440m) 5.5hrs
Day10:	Acclimatization day in Manang
Day11:	Manang to Yak Kharka (4350m) 3hrs
Day12:	Yak Kharka to Thorong Phedi(4420m)3.5hrs
Day13:	Thorong Phedi to Muktinath(3850m) via Thorong la pass(5416m) 9hrs
Day14:	Muktinath to Marpha 2670m- 6 hrs
Day15:	Marpha to Ghasa 2010m- 6hrs
Day16:	Ghasa to Tatopani 1190m- 5 hrs
Day17:	Tatopani to Ghorepani 2860m- 8 hrs
Day18:	Hike up to POONHILL (3133m)and Trek to TADAPANI
Day19:	Tadapani to Ghandruk 1940m- 4 hrs
Day20:	Ghandruk to Nayapul-1070m 5 hrs and drive to Pokhara 820m





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Costs:

Complete Package: Starting from €949,-
Trek Only: Starting from €849,-



Highlights:

- Kathmandu Valley
- Annapurna Range
- Trek Jomson - Pokhara
- Manang

Annapurna Circuit Trek

Day One - Arrival and Transfer to Hotel

On the day of your arrival in the Tribhuvan International Airport, Kathmandu, you will be picked up by our airport representative at the airport and transferred to your hotel. The drive from the Airport to the hotel will be of less than an hour. In case you will arrive early in the morning we can arrange a day programme. This however is optional.

Day Two - Full Day in Kathmandu

Your trekking guide will visit you in the hotel to brief you about the trek after your breakfast. After a short briefing you will be accompanied by our city guide for a sightseeing tour of Kathmandu Valley. We will visit places such as Kathmandu Durbar Square, Puspipatinath Temple and Bauddhanath Stupa.

Day Three - Drive Kathmandu to Besisahar (820m)

After breakfast, there will be some free time to look around in Thamel, the heart of tourism in Kathmandu. Later in the morning we will commence our trip to Besisahar. You will have a scenic mountainside drive of approximately 5 till 6 hours. On the way there will be plenty of time to stop in local villages and to take a look around. It is always possible to request a stop as a sight which may seem interesting to you. In the evening we have arranged a traditional Nepalese dinner with a cocktail night after. This night we will stay in Besisahar.

Day Four - Trek to Bahundada (1310m)

The first part of the walk goes through the banks of the Marshyangdi Khola (river). The walk offers fine view of Himalchuli and Ngadi Chuli (7871m) peaks. We cross a suspension bridge over Ngadi Khola. Then it is a hot two hours climb to Bahundada, passing through several terraced fields. Bahundada has several shops, lodges and restaurants. Overnight at Bahundada (1310m).

Day Five - Trek to Chamje (1410m)

From Bahundada the trail drops steeply for the first half an hour and then follows flat trail through rice terraces to Ghermu (1140m), with its view of a high waterfall across the river. The trail descends further to Syange (1080m). Then you cross a suspension bridge and climb steeply to Jagat (1300m). From here on the trail then descends before climbing through the pine forest to Chamje (1430m).



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Day Six - Trek to Dharapani (1960m)

The first part of the trail descends down to the Marshyangdi river and again over a suspension bridge. Then we follow the valley steadily uphill to the wide valley of Tal (1700m). This is the first village of Manang District. From the view of culture, architecture and climate the differences from Lamjung district are striking. The people are Buddhists and of Tibetan ancestry, mud and thatched houses give way to stone buildings with flat roofs. The amount of rainfall is considerably lower in these northern regions and sub-tropical vegetation starts to give way to the firs and pine trees of the highlands. Tal means lake and this whole valley was once a lake. Beyond Tal, the valley narrows. You move through corn, barley and potato fields, crossing a small stream and then a short climb takes you to Dharapani (1960m).

From Dharapani, Tibet is just around 50 kilometres, beyond the Gya La pass which is still used as a trading route, although not as busy now.

Day Seven - Trek to Chame (2675m)

The route to Manang continues ahead. Until now we have been travelling roughly towards North, but now the trail heads to the west. The route crosses the Marshyangdi river and there are fine views of Annapurna II (7937m) as we reach Bagarchhap(2160m). Bagarchhap is a Tibetan influenced village. A few minutes further, the trail climbs steeply gaining 500m to Timang and then descends and ascends through pine forests. This takes you to the traditional village of Thanchowk and then to Koto(2460m) at the junction of the high Nar-phu valley. Nar and Phu are two high altitude villages of Tibetan influence. Nearby Chame(2675m) is the headquarter of the Manang district. Its buildings include lodges, internet cafes, trekking gear shops a health post and a bank.

Day Eight - Trek to Pisang (3100m)

With the beautiful view of Lamjung Himal (6893) in the morning sun, we head for Pisang. The mountain disappears as you climb the path up the valley, passing a huge apple orchard. Then the trail descends to a bridge. You continue along the river through deep forest in a steep, narrow valley. Across the valley, Annapurna II looks close enough to touch and Pisang peak (6091m) looks beautiful. The last part of the trek is a steep climb to the village of Pisang (3100m).

Day Nine - Trek to Manang (3440m)

The first half hour of the walk is flat along the river. Then it's a strenuous climb of nearly 2 hours to the village of Ghyarmu (3670m). From here, you have great views of Annapurna II/IV, Annapurna III and Manang valley below. You can also see the air-strip and settlement of Hongde. You continue through small streams, crop fields and will see sheep and goats grazing on the sparse grass available at this altitude. After lunch we begin a descent back to the river and the main trail to Manang.

Situated at the lap of the gigantic Himalaya, Manang (3440m) is a unique village with a compact collection of 500 flat-roofed houses separated by narrow alley ways. The summits of Annapurna and Gangapurna are less than 8 kilometres away. The dinner menu is a bit more varied at the lodges and you can taste some cookies and pastries at the town's bakers.

Day Ten - Rest and Acclimatisation in Manang

You spend the day exploring the village. This is an important day for acclimatisation before crossing the Thorong-La pass. There are various options for day excursions; a visit to the monastery or a hike up to a nearby hill to have great views of Gangapurna glacier and lake.

Day Eleven - Trek to Yak Kharka (4350m)

Now the trail ascends gently all the way to Yak Kharka (4350m). On the way you see the panoramic views all the day.



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Day Twelve - Trek to Thorong Phedi (4420m)

You first descend to the river and cross the wooden bridge at 4310m and then after a brief climb you follow a narrow trail and descend to Phedi(4420m), the base camp of Thorong-La Pass. It takes around 3 hours.

Day Thirteen - Cross Thorong-La pass to Muktinath

Today is a difficult day. If any sign of altitude sickness or in case of bad weather, we don't recommend you to attempt the pass. We will keep good track of our condition and of the weather. We begin to ascend early in the morning, just after the first light. The trail is steep but it's well used and easy to follow. It takes around 5 hours to reach the prayer flags and chhortens over the Pass(5416m). There are tea shops on the way and one on the pass. The views from the pass are magnificent. After the pass, 1600 metres descent to Muktinath is difficult for the knees. It takes another 4 hours to reach Muktinath (3850m).

Muktinath is a pilgrimage for Hindus and Buddhists. Mukti means Salvation. Pilgrims visit Muktinath in search of liberation from the cycle of births and rebirths. There is a small Pagoda style Vishnu temple, an eternal flame (a thin blue flame of natural gas burning from a hole) and 108 water sprouts in Muktinath temple complex.

After visiting the Muktinath Temple complex, we head a few minutes down to Ranipauwa where comfortable lodges await us.

Day Fourteen - Trek to Marpha via Jomsom

We walk down the Kali Gandaki riverbed to Jomsom, the administrative center of the region. The Kali Gandaki valley gets very windy in the early afternoon, so it is important to arrive before noon. We'll have lunch in Jomsom. Jomsom is spread over both the banks of the Kali Gandaki River. It offers an incredible view of Nilgiri and Dhaulagiri peaks. The next few hours along the same river bed will lead us to Marpha. The local villages are Tibetan influenced and the local people who live here are known as Thakalis. Marpha is famous for its Apple and Apple Cider.

Day Fifteen - Trek to Ghasa (2010m)

We continue descending along the Kali Gandaki river bed and walk through world's deepest gorge to Ghasa. The Kali Gandaki river flows between two mountains Annapurna I(8091m) and Dhaulagiri(8168m). This forms the world's deepest gorge at this place. We pass through beautiful villages like Tukucho, Larjung, Lete, Kalopani and so on. We walk through pine, juniper and cypress forests to Kalopani, enjoying fine views of Annapurna I. Ghasa, our next destination, lies an hour beyond Kalopani.

Day Sixteen - Trek to Tatopani (1190m)

We continue to descend down to Tatopani via Dana. In Nepali Tatopani means hot water. There are couple of natural hot springs next to the riverbed which offers a relaxing dip after a long day walk.

Day Seventeen - Trek to Ghorepani (2860m)

It is a hot and strenuous climb to Ghorepani. The first one hour of the trail climbs steeply. Then we climb gently passing through various villages and terrace farms. We cross the Kali Gandaki river with panoramic views of Dhaulagiri and Annapurna range. We walk through rhododendron forest which is spectacular between March and April.



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Day Eighteen - Hike up to Poonhill (3130m) & Trek to Tadapani

Early in the morning, if the weather is fine, we hike up to the sunrise point Poonhill. It is around a one hour hike up there. From Poonhill the view is breathtaking, a wide range of Himalayan Panorama from Dhaulagiri(8167m) to Manasalu(8156m) and the Annapurna range in between. This is a strenuous walk, so don't forget to eat something before your hike and to carry your water bottle with you.

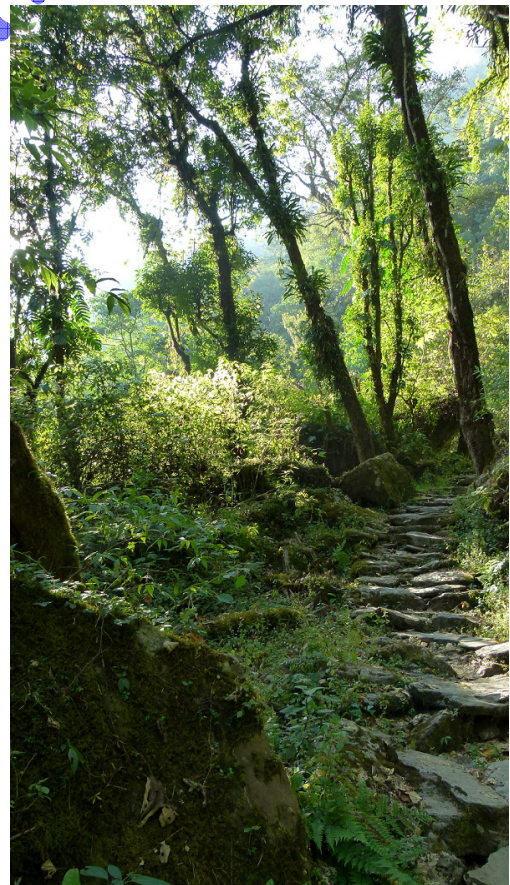
After the sunrise view we walk back to Ghorepani for Breakfast and continue the trek to Tadapani. From Ghorepani the trail climbs steeply through the Rhododendron forests, climbing above 3000m before descending down to Deurali(2987m). From Deurali the trail descends down into the impressive river gorge and to a small village called Banthati, our lunch point. Langur monkeys are often visible on the trees in this area. After lunch the trail descends down to a second bridge and from here we climb up to Tadapani(2595m). There is quite a superb view of Annapurna(8091m) from here. It is around 5 hours walk.

Day Nineteen - Trek to Ghandruk(1940m)

We walk along the forest trail, terraced farms of maize, barley, potatoes to Ghandruk(2170m). Ghandruk is a Gurung village with an excellent view of Annapurna South and Machhapuchhare. Gurungs are an ethnic tribe of Nepal famous for their service as Gurkha regiment in British force. We can spend the afternoon exploring the Gurung Village.

Day Twenty - Trek to Nayapul(1070m) and Drive back to Pokhara(850m)

Today we will drive back to Kathmandu. In Kathmandu we'll organise a farewell dinner. If wished we can also book your hotel for the night.



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