



## Annapurna Circuit Trek - Fly Back from Jomsom

The 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 Besisahar, 50 Km drive from Pokhara and 200 Km drive from Kathmandu. Starting at the subtropical climate and deep pine forests the trail ascends to dry, desert-like, trans-himalayan regions. One acclimatization 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. Ultimately we fly back from Jomsom to Pokhara. Many go for this option because the trek after Jomsom goes through dusty, motorable trails.

### Trip features

Trip Duration: 17 days

Trek Duration: 11 days

Max. Elevation: 5416 m

Grade: Moderate to Strenuous

Trek Style: Lodge-to-lodge (Teahouse)

Walking Time: 4 to 8 hours per day

Best Season: March-May, September-November

Nepal

Itinerary	
Day 1:	Arrival in Kathmandu(1,350m). Transfer to Hotel.
Day 2:	Trek Briefing and Sightseeing in Kathmandu (1350m)
Day 3:	Drive Kathmandu to Besisahar (820m)
Day 4:	Besisahar to Bahundada (1310m)
Day 5:	Bahundada to Chamje (1410m)
Day 6:	Chamje to Dharapani (1960m)
Day 7:	Dharapani to Chame (2675m)
Day 8:	Chame to Pisang (3100m)
Day 9:	Pisang to Manang (3440m)
Day 10:	Acclimatization day in Manang
Day 11:	Manang to Yak Kharka (4350m)
Day 12:	Yak Kharka to Throng Phedi(4420m)
Day 13:	Throng Phedi to Muktinath(3850m)via Thorong La Pass(5416 m)
Day 14:	Muktinath to Jomsom (2710m)
Day 15:	Fly back to Pokhara.
Day 16:	Rest day in Pokhara(850m)
Day 17:	Drive back to Kathmandu or Continue Activities.

### Costs:

Complete Package: Starting from €749,-  
Trek Only: Starting from €649,-

### Highlights:

- Annapurna South Range
- Annapurna Basecamp
- Manang
- Mountain Flight Jomson - Pokhara





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## Annapurna Circuit Trek - Fly Back From Jomsom Details

### 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, Pusipatinath Temple and Baudhanath Stupa.

### Day Three Drive Kathmandu to Besisahar(820m)

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 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 high waterfall across the river. The trail descends further to Syange (1080m). Then you cross a suspension bridge and climb steeply to Jagat (1300m). Then trail then descends before climbing through the pine forest to Chamje (1430m).

### 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 thatch houses give way to stone buildings with flat roofs, 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 50Km, beyond the Gya La pass which is still used as a trading route, although not as busy now.



Great Wall Nepal Pvt. Ltd.  
Sallaghari, Bhaktapur Nepal  
Tel. +977-1-6611733  
info@greatwallnepal.com  
www.greatwallnepal.com

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## 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 takes to west. The route crosses 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 forests of Pine and fir takes you to 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, fields of crops and 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 km 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 Acclimatization in Manang

You spend the day exploring the village. This is an important day for acclimatization before crossing 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 a 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.

## 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 hrs.



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## 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 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 hrs 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, 1600m descent to Muktinath is difficult on the knees. It takes another 4 hrs 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 a few minutes stay at Muktinath Temple complex, we head a few minutes down to Ranipauwa where comfortable lodges await us.

## Day Fourteen Trek to Jomsom

Today we walk down for early two hours to the Kali Gandaki River bed and a flat trail along the river to Jomsom, the administrative headquarters of the region. Kali Gandaki valley gets incredibly windy in the afternoon, so we reach Jomsom (2710m) before noon. You spend the day exploring the village.

## Day Fifteen Fly back to Pokhara

Today we will fly from Jomsom to Pokhara. This flight takes around 20 minutes. The flights are available in the morning. Strong breeze in the noon interrupts all the take offs and landings. The flight is incredible with the view of the mountains you have climbed during this trip.

## Day Sixteen Rest day in Pokhara

Today we will have a rest day in Pokhara. this day gives you the chance to relax at the lake, or rest as much as needed. If wished we can also arrange a full day excursion. This full day excursion is optional and not included in this tour package.

## Day Seventeen Drive back to Kathmandu or Continue other Activities

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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