

# ANNAPURNA CIRCUIT TREK



## ITINERARY/ INCLUSIONS/ EXCLUSIONS

### Day 01:

Arrive and are met at Tribhuvan International Airport. Transferred to your hotel. Briefed on the process for the trip.

### Day 02:

Kathmandu Sightseeing

Start your day with a sleep in and. Hotel breakfast then join your guide in reception to head off on a sightseeing tour of Kathmandu City. You will be visiting Pashupatinath Temple, Boudhanath Stupa, Swambhunath Stupa- Monkey Temple and Kathmandu Durbar Square.

### Day 03:

Kathmandu – Beshi Sahar 820m ( 6 hrs )

You will take a drive to Beshi sahar through the Kathmandu Valley and Prithivi Highway. After reaching beshi sahar you will drive to Syange. Although long and windy, the drive will include view of rivers, greeneries, local villages and beautiful mountain scenery. The trail ascends through the rhododendron forest to Jagat. If your drive is delayed there will be a contingency sleepover in Syange.

### Day 04:

Jagat to Dharapani

This will be your first day hiking! You will head up the Marsyangdi River and into the Manang District. This trek is a slight grade uphill and crosses up the river (bridges along the way!). You will see barley, rice and potato fields and pine forests on the steep surrounding hills.

### Day 05:

Dharapani to Chame 2713m ( 6 hrs )

Trek through steep forested ridges, taking in spectacular views of Annapurna II & Annapurna IV to Chame. Enjoy relaxing in the small hot springs. Overnight stay at Chame.

### Day 06:

Chame to Pisang 3185m

Trek the steep, narrow path through dense forest, taking in the 1500m vivid curved rock face to the valley of Manang and onto Pisang. Overnight at Lower Pisang.



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## Day 07:

Pisang to Manang 3351m

Trek through the arid part of the Manang district. Leaving Pisang, we have optional trails from the north and the south of the Marsyangdi River which rejoin at Mungji. The southern route by Hongde, with its airstrip at 3,325m, involves less climbing than the northern route via Ghyaru, offering stunning views. From Mungji, the trail continues to the village of Bryanga, then onto Manang. Overnight at Manang.

## Day 08:

Manang - Acclimatisation Day

Rest and explore Manang. We can use this day by doing some good hiking around and viewing the interesting sights around the village. At sundown, we return to our lodge for overnight stay.

## Day 09:

Manang to Chure Letdar 4,000m ( 3 hrs )

Head towards Chure Letdar, this trail continues to climb out of the Marsyangdi valley. You leave the large trees below and the vegetation now consists of alpine grasses. You can observe your first view of Annapurna III from Chure Letdar. Overnight stay at Chure Letdar.

## Day 10:

Chure Letdar to Thorong Phedi 4,450m ( 5 hrs )

Trek up for 2 hours, then descend to cross the river. Then climb up to Thorong Phedi. Overnight stay at Thorong Phedi

## Day 11:

Thorong Phedi to Muktinath 3798m ( 7 - 8 hrs )

An early start, trek across famous high pass, Thorong La. A long day, reaching Muktinath at dusk. Muktinath is an important pilgrimage site for both Hindus and Buddhist and demonstrates the religious harmony in Nepal.

Overnight at Muktinath

## Day 12:

Muktinath to Jomsom 2713m ( 7 - 8 hrs )

Trek down the dramatic Kali Gandaki valley, through arid country in the same geographical and climatic zone as Tibet, passing through Jharkot and Khingar, villages with typical Tibetan architecture, along the valley floor to Jomsom, a large town sprawled along both banks of the Kali Gandaki River.

Overnight stay at Jomsom.



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## Day 13:

Jomsom to Pokhara

Take the flight to Pokhara for overnight stay at hotel.

## Day 14:

Pokhara – Kathmandu

Drive (7hrs) back to Kathmandu.

The scenic drive passes through Damauli, Dumre, Mugling and Kurintar, where Nepal's first cable car up to Manakamana Temple [the temple of wishes].

Overnight stay at Kathmandu hotel.

## Day 15:

Kathmandu

A free day – explore, shop, relax until your departure. You will be taken from the hotel to Tribhuvan International Airport or bus depot for your departure from Kathmandu.

## Cost Includes

- ✓ Airport – Hotel - Airport pick up & dropoff.
- ✓ Two nights standard accommodation in 2/3 star hotel in Kathmandu's tourist centre.
- ✓ Transport from Kathmandu to Besisahar - by car or bus
- ✓ All breakfast, lunch and dinner during the trek, including during car or bus travel
- ✓ Transport from Besishahar to Chame - by jeep.
- ✓ All Tea House (lodge) accommodation during the trek.
- ✓ Transport from Jomsom to Pokhara – by flight, including one nights hotel accommodation and breakfast in Pokhara.
- ✓ Annapurna Circuit Trekking Map
- ✓ An experienced Government Licensed Holder guide and porter(s) to carry your luggage during the trek.
- ✓ All guide and porter(s) accommodation, meals, drinks, insurance, salary, equipment, transportation, local tax during the trek.
- ✓ Group medical supplies (first aid kit will be available).
- ✓ All necessary Government required paperwork and National Park Entry Permits and TIMS Card, etc.
- ✓ Transport from Pokhara to Kathmandu - by car or bus.
- ✓ Travel & Rescue arrangement.



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## Cost Excludes

- × All meals in Kathmandu and Pokhara, other than breakfast, lunch & dinner during the trek.
- × All drinks – tea, coffee, other hot, water, soft drinks, alcoholic.
- × Your Travel insurance.
- × International airfares to and from Kathmandu.
- × Nepal Entry Visa – obtained easily upon your arrival at Kathmandu Airport.
- × Personal shopping, laundry, etc.
- × Personal trekking equipment.
- × Tips for trekking staff and driver. (Tipping is expected, but not mandatory)
- × All other tour, sightseeing and other activities outside of the main trek.



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