

## Annapurna Circuit Trek



### Introduction

**Annapurna Circuit Trek** has been proved as a highly praised and impressive trekking route in the Annapurna region. Manang valley, Thorong La pass, Muktinath Temple, Jomsom valley are the major attraction of this trek.

**Annapurna circuit trek** starts from **Chamje** and goes along the Marshyangdi River, with great view of Manaslu (8163m.) and Peak 29 to the east. Starting from less altitude, it gives us a chance to explore the Himalayas from bottom to top and from many different angles and perspectives and it supports to acclimatize your body. We spend walking through rice farms, forests and friendly villages belonging to the lower realms of the **Annapurna Conservation Area**. Reaching **Pisang village**, we have a choice of trails north or south of the Marsyangdi River which meet up again at Mungji. The southern route by Humde, with its airstrip, at 3325m involves less climbing than the northern route via Ghyaru, Ngawal though there are better views on the trail that follows the northern bank of the river. As it continues to the main Himalayas range on to the high and dry Tibetan Plateau, the scenery is equally breathtaking. The village of **Manang** (3,500m/11483feet) marks the beginning of the next stage, where a day will be spent acclimatizing to the higher altitude. A number of excursions in the area can help the acclimatization process by visiting various monasteries or viewing, Gangapurna Lake, Ice Lake, Khangsar village, Milerepa Cave. After Manang, we take a trail through The highest point of the trek is Thorung La pass (5416m / 17768 feet). After climbing up, the pass is marked by the Mani stone and prayer flags. As you reach the top, you are rewarded by the magnificent view from the top and then we walk down to Muktinath with amazing mountains. The sacred Muktinath temple has 108 waterfalls that resemble water flowing from taps and mysterious natural gas fires that boggle the mind. Annapurna circuit trekking

via **Muktinath**, Jomsom. Then fly back from **Jomsom** to Pokhara.

## Annapurna Circuit Trek highlights

- Nice landscape of Manang Valley and Himalayas view.
- The highest point World biggest Thorong La Pass with beautiful Himalayas view.
- The most popular Hindu Temple Muktinath
- Interesting landscape and windy valley Jomsom
- Tal, Dharapani, Thanchok, Chame, Pisang, Ghyaru, Ngawal, Manang, Muktinath and Jomsom villages.
- Annapurna II, III, IV, Gangapurna, Glacier Dom, Dhaulagiri range, Manaslu Range , Nilgiri ,Tilicho , Chulu, Thorong , Pisang Peak views.

**Option I:** If you have time, you can trek the apple orchards of Marpha Thakali village, we now enter the Kali Gandaki Gorge, the deepest in the world between the giant Annapurna and Dhaulagiri Himalayan ranges. The trek gets interesting in Tatopani where you will have the opportunity to relax in natural hot spring which you get relief of your tiredness and painful .The climb Poonhill (3210m/10531feet) is rewarded awesome view of Annapurna and Dhaulagiri ranges with the best sunrise. Now we trek down to Nayapul via Ullerri Magar village. **Option II:** Drive from Jomsom to Pokhara by public bus or Jeep.

## Trip Facts

Trip Duration	14 Days
Trip Grade:	Strenuous
Best Season	Macrch to May & September-November
Per Day Hiking:	4-7 hrs
Elevation	Minimum 1310m-Maximum 5416m
Accomodation	Lodge
Transportation	Flight/Car/Jeep/Bus

## Cost Includes

### What are Included?

1. Pick-up and drop-off service at Trivuan International Airport in Kathmandu by private Car/Van/Bus.
2. 2 Nights Hotel in Kathmandu on BB Plan.
3. Annapurna conservation area (ACAP) Permit and (trekkers' information management system (TIMS) card.
4. one English speaking government certificate holder trekking guide and Trekkers 2:1 porters.
5. Kathmandu to Chamje (Trekking starting point) by local bus or Jeep and Pokhara to Kathmandu by Tourist Bus.
6. All the meals (Breakfast, Lunch, Dinner tea / coffee) with Lodge accommodation during the trek.
7. Guide and porters: all the meals, accommodation, salary, insurance, equipment, transportation, flight ticket etc.

8. First Aids Kit.
9. Duffel Bag.
10. Fingertip Pulse Oximeter (we use everyday to check your oxygen level and blood pressure in your body to minimize high risk ).
11. Nepal Hidden Treks and Expedition T-short.
12. Local fresh fruit like orange, banana, apple, grape etc.
13. Jomsom- Pokhara Flight ticket.
14. 1 Night Hotel in Pokhara on BB Plan.
15. All the official charges and 13% Government VAT.

#### PRICE EXCLUDES

- International airfare and visa fees ((15 Days US\$25 and 30 Days US\$40).
- Lunch and Dinner in Kathmandu and Pokhara.
- Your trekking gears.
- All the drinks such as: coke, beer, mineral water.
- Your travel insurance which should include the emergency rescue.
- Tips for your guide and porters etc.

### Short Itinerary

**Day 01:** Arriving in Kathmandu (1350m).

**Day 02:** Drive to Chamje,

**Day 03-11:** Trekking

**Day 12:** Fly to Pokhara

**Day 13:** Drive to Kathmandu

**Day 14:** Departure from Kathmandu (1350m).

### Itinerary Details

#### 1. Arriving in Kathmandu (1350m).

Arriving in Tribhuvan International Airport (TIA) you will meet with me then transfer to hotel by private vehicles then stay at the Hotel and free activities in the evening.

#### 2. Kathmandu - Besishahar - Chamje

Your guide will come to pick you up at your Hotel and drive from Kathmandu to Besishahar 5-6 hours by public bus. The road from Kathmandu to Besishahar is nice. From Besishahar drive to Chamje 3-4 hours by public bus or Jeep in a gravel road. Kathmandu to Chamje takes around 9

hours' drive. The Chamje is located at 1311 m elevation, overnight at Lodge.

**Optional:** If you want avoid to drive by Public Bus or Jeep, it is also possible to take a private Jeep from Kathmandu to Chamje.

### 3. Chamje - Dharapani

Today, you will trek from Chamje to Dharapani. The trail from Chamje, you will walk on trekking trail to Tal. The trail is slowly uphill to Tal. From Tal, there is nice and easy trail to Dharapani. Trek from Chamje to Dharapani takes 5-6 hours walk. Dharapani is located at 1943 m elevation, overnight at Lodge.

### 4. Dharapani - Chame

Today, you will trek from Dharapani to Chame. The trail from Dharapani to Danakyu is nice and easy. You will have first view of Annapurna II from Bagarchhap. From Danakyu, the trail is uphill to Timang 2460m. You will have a nice view of Mt. Manaslu and other mountain from Timang. The trail from Timang to Chame is nice via Thanchock. Trek from Dharapani to Chame takes 5-6 hours walk. The Chame is located at 2670m elevation. The Chame is official district headquarter of Manang. There is natural hot spring, overnight at Lodge.

### 5. Chame - Pisang

Today, you will trek from Chame to Pisang. The trail from Chame to Bhratang is nice. From Bhratang, you will trek uphill to Dhukur Pokhari. From Dhukur Pokhari appear to see many mountains like Annapurna II, Pisang peak, Chulu peak, Tilicho peak and others. The trail from Dhukur Pokhari is down and flat to Pisang. Trek from Chame to Pisang is 5-6 hours. The Pisang is located at 3200m elevation, overnight at Lodge. In the afternoon, you will hike to Upper Pisang. There is monastery in Upper. From the monastery, you will nice view.

### 6. Pisang - Manang

Today, you will trek from Pisang to Manang (3540m. 7 hours walking) Leaving Pisang, we have a choice of trails north or south of the Marsyangdi River which meet up again at Mungji. The southern route by Hongde, with its airstrip, at 3325m involves less climbing. The northern route via Ghyaru, Ngawal though there are better views on the trail that follows the northern bank of the river and then overnight at Lodge.

### 7. Rest day in the same place for acclimatization

**Ice Lake (4600m):** It is a nice place to hike to, but it is a long walk. It is about 6 hours there and back. You can see the wonderful views of the mountains and the ice lake is excellent. It is definitely worth doing.

**Monastery (100 rupees lama):** Praken Gomba is name of the monastery. It is a nice short walk. We see great Annapurna mountain views. The monastery has a Monk. He blesses your impending

crossing of the Thorung La pass by tying a sacred thread around your neck. We have to give him one hundred rupees per person for this reason we call him Hundred Rupees Lama.

**Gangapurna glacier:**It is also not very far from Manang village. We see a close view of Gangapurna Lake and the glacier.

**Khangsar village:**It is the last village after Manang. Khangsar is a collection of traditional stone buildings surrounding a large village square. Near the top of the village is a small Sakyapa school monastery. This village is on the way to Tilicho Lake (the world's highest lake or Mesokunda pass. It is a lovely old village.

**Milerepa cave:**This cave is another interesting site in this area. Many years ago a monk from Tibet lived in this cave. His name was Milerepa. He is famous for meditating in this place.

## 8. Manang - Chauri Lader

Today, you will trek from Manang to Chauri Lader . The trail is slowly uphill to Gunsang via Tengi. From Gunsang, the trail is nice and easy to Chauri Lader via Yak Kharka. Trek from Manang to Chauri Lader takes 5 hours walk. During the hike, you will have nice view of Annapurna III, Gangapurna , Glacier Dom, Tilicho Peak, Chulu west and Manaslu range etc. The Chauri Lader is located 4200 m elevation, overnight at Lodge.

**Optional:** If you want, it is also possible to extend this trek with Tilicho Lake. It takes only two extra day.

## 9. Chauri Lader - Thorong Phedi or Thorong High Camp

Today, you will trek from Chauri Lader to Thorong Phedi or Thorong High Camp depending on your health condition. If you have good sleep in Chauri Lader without any problem, you may continue to Thorong High Camp 4925m, 4-5 hours walk. If you feel difficult to sleep in Chauri Lader, it is better to stay in Thorong Phedi 4450m, 3 hours walk. The view are amazing during the hike. The trail from Chauri Lader to Thorong Phedi is slowly uphill. From Thorong Phedi to High Camp is very step uphill, overnight at Lodge.

## 10. Thorong Phedi or Thorong High Camp - Thorong La - Muktinath

Today is one of the hardest day, you will start your hike early in the morning after the breakfast. The trail from Thorong Phedi or Thorong High Camp to Thorong La Pass 5416m is all the way uphill. You will have nice view Annapurna Range, Thorong Peak and Dhaulagiri range, Nilgiri and other mountain view from Thorong La Pass. After taking some photos and seeing the view, you will trek down to Muktinath. The trail from Thorong La Pass to Muktinath is all the way downhill. The trek from Thorong Phedi or Thorong High Camp to Muktinath is around 7-9 hours walk. Muktinath is located at 3700m elevation, overnight at Lodge.

## 11. Muktinath - Kagbeni - Jomsom



This morning, you will visit Muktinath Temple. In the temple, there is 108 water taps, two pound and natural gas fires. After that, you will trek from Muktinath to Jomsom through the arid landscape to the ancient town of Kagbeni on the Kali Gandaki River. The trail from Muktinath to Ekle Batti is all the way downhill. From the Ekle Batti, the trail is flat to Jomsom. This is windy valley. Every afternoon, there will be very strong wind. You will have nice view of Dhaulagiri, Tukuhe Peak, Nilgiri during the trek. Trek from Muktinath to Jomsom takes 5 hours walk. The Jomsom is located at 2750m elevation, overnight at Lodge.

## 12. Jomsom - Pokhara

This morning, you will take a 30 minutes flight from Jomsom to Pokhara. Rest of the day, free activities in Pokhara.

**Optional:** If you have time, you can continue walk to Tatopani, Poon Hill and Ghandruk and then drive back to Pokhara from Nayapul. And it is also possible to take a Jeep or Public bus from Jomsom to Pokhara.

## 13. Pokhara - Kathmandu

Today, you will drive back to Kathmandu by tourist bus at 7:30AM (200 km. 6/7 hours driving) and stay overnight at selected Hotel in Kathmandu.

### **Alternative route:**

There are many flights to Kathmandu from Pokhara every day. You may choose to take a flight to get there. It takes 30 minutes. It is the more convenient way to get to Kathmandu.

## 14. Departure to your home country

Final departure to international airport to fly your home country.

## FAQS

### 1. Do you have fixed group to join?

We organize small group trek everyday. Everyday is available to book this trek.

### 2. What kind of accommodation do we expect during the trek?

We provide one twin bed private common room for 2 people. You have to share Toilet and Bathroom.

### 3. Do we need sleeping bags?

The Lodges or Tea Houses do not have enough blanket, you have to take sleeping bag with you.

### 4. Internet or WIFI available on this trek?

Yeah, Internet or WIFI is available on this trek. But you have to pay to use WIFI .

**5. How hard is this trek?**

The highest point of this trek is Thorong La Pass (5416m). We give this trek grade 4. Grade 1 is easiest and grade 5 is hardest trek.

**6. Is electricity available ?**

Electricity is available in all the places. You can charge your Camera and Mobile Phone.

**7. Drinking water**

There are available of natural spring water. You can use the spring water by putting water purifying tablet. It is also possible to buy mineral water and boiled water. Annapurna Conservation area project also sale safe drinking water at many villages.

**8. How do we respect local culture ?**

Ask permission to photograph people. Do not remove or purchase antiques, it is illegal. Avoid wearing revealing clothes and avoid outward displays of physical affection.

**9. Hot Shower**

Hot Shower is available on the trek. You can have shower by paying extra charge.

**10. Bank or ATM or Money Exchange**

There is no any Bank or ATM or money exchange during this trek. You have to take extra Nepali rupees from Kathmandu.

**11. Buy a Nepali Sim Card ?**

You can buy Nepal NCELL or NTC Sim Card on the arrival of Airport. There is signal on the trek. You can use along the trek.

**12. When is the best time to do this trek?**

The best time is March to November. December to February, it will be very cold.

**13. Can we buy or rent trekking gears in Kathmandu?**

Yeah, you can buy or rent gears in Kathmandu.