

Annapurna Circuit Trek | Duration: 19 Days Days | Cost: \$1700

The Annapurna Circuit Trek is one of the world's best trek offering varieties than any other equivalent trek, in term of length, in the world. It takes us from sub-tropical zone up to the very edge of the arid Tibetan plateau. This is an unparalleled trek that combines the Marsyangdi Valley and the sacred Kali Gandaki Valley. This trek encircles the entire Annapurna range. The climax of Annapurna Circuit Trek is crossing the formidable Thorong La Pass (5416m). It is at the very edge of the Tibetan plateau and affords unsurpassed panoramic views of Annapurna peaks. We visit Muktinath Temple, a holy shrine for Hindu as well as Buddhist. We pass the Dhaulagiri Ice flow fall and the world's deepest gorge. The Kali Gandaki River has made deepest gorge between Dhaulagiri and Annapurna peaks. Hot springs await us at Tatopani followed by a magnificent sunrise at Poon Hill, before descending back to Pokhara through famous Gurung village of Ghandruk.

At a Glance:

- **Tour code:** NACT004
- **Style:** Trekking and hiking
- **Grading:** ▲▲▲▲▲
- **Suitable for:** 5416m
- **Duration:** 19 Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Private
- **Price:** 1700

Highlights of the tour:

- Annapurna Circuit is Nepal's most popular classic trek
- Scenic drive to Beshishahar through mountain terrain
- Trek across the Thorung La (5416m)
- Views of the Annapurnas ,Dhaulagiri, Manaslu and many others
- Visit Holy Temple Muktinath and trek on deepest Gorge on earth
- Walking through the Kaligandaki valley
- Enjoy the hot spring at Tatopani and magnificent sunrise at Poon Hill
- Visit Stupa, Ancient Palace, Temple and Monastery of Kathmandu

What's Included:

- Kathmandu Airport transfers
- An experienced insured and equipped English speaking Guide
- Guided sightseeing and entry fee in Kathmandu
- Internal flights and land transport involved in the itinerary
- Airport tax
- Good standard Hotel (3-4*) accommodation in Kathmandu & Pokhara with breakfast
- 3 meals during trek
- Teahouse accommodation on trek twin sharing basic
- Tims permit
- Annapurna Conservation Fee
- Insured and equipped porter as on IPPG rules
- Ascents of Thorong-La (5416m) & Poon Hill (3190m)
- Acclimatization day to explore Manang and Bhakra Gompa
- Trekking off the main trail to the village of Lupra - one of the more traditional Tibetan villages in the Annapurna region.

What's Not Included:

- Travel Insurance
- Nepalese Visa
- Tips for Guide and other trek staff
- Lunch dinner in the city
- Additional costs due to illness, rescue etc
- Additional cost due to force majeure, changes of flight and itinerary
- Personal drinks and Bar Bill

Arrival and transfer to Hotel

Arrival at Tribhuvan International Airport, Kathmandu. Traditional welcome by our airport representative. Your guide briefs about your further programme. Typical Nepali dinner served in the evening.

Kathmandu sightseeing

You will be taken for sightseeing of Kathmandu Valley to explore the vibrant city after breakfast at your hotel. Drive to famous Buddhist Stupa Swayambunath, also known as Monkey temple, on the hill of Kathmandu Valley where you can see stunning view of mountains and Kathmandu valley. This temple attracts Buddhists and tourists from around the world. Swayambhunath Stupa is the most ancient and enigmatic of all the holy

shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible from far and wide. Next is Pashupatinath, the temple of Lord Shiva. This is probably the most famous temple for Hindu in Indian Sub-continent. There is crematorium beside the temple where dead bodies are burnt to ashes. After exploring Pashupatinath you will visit fascinating sights of Patan Durbar Square, one of the most glorious examples of traditional Nepalese architecture, full of centuries old temples and palaces.

Drive to Besishahar (800 m)

After early breakfast scenic drive to Besishahar. Drive to Besishahar will be adventurous and exciting. You will experience stunning rhododendron forest, temples, rural settlements, waterfalls and some of the most spectacular mountain scenery. Overnight in Besishahar.

Drive to Dharapani (1860m), about 4 hours

After having an early breakfast, we then start our 4 hrs drive and the trail takes you to the Marsyandi valley wide open up to Syange. You can explore the Nepali rural village, crossing through the barley, rice and potato field. Overnight in Dharapani.

Trek to Chame (2660m), about 5 to 6 hours

Today you are heading to Chame from Dharapani through the sensational views of Himalayas. You will reach Bagarchap, a Tibetan village, within the first hour of today's trek. Next Dangyung, a small Tibetan settlement. The trek continues through dense forest, cross bridges over tributaries and the foot of a waterfall. You ascend steep stone steps to reach Chame.

Trek to Upper Pisang (3300), about 5 hours

Today your trek starts to upper Pisang. On the way you can visit the local villages which has a long Mani wall and interact with the local peoples about their daily lifestyle and cultures. Later on if you want you can explore the upper Pisang's medieval village which is an amazing place. Evening dinner and night stay in a local lodge.

Trek to Bhraka(3400m), about 6 hours visit 500 years old Bhraka Gompa

Today you will be heading to Bhraka. You will be experiencing an old Buddhist gompa situated on top of the medieval village of Bhraka. Then our guide will take you to the sightseeing of the historical sites of Bhraka.

Acclimatization day and explore Manang

Make fit yourself for the further journey. This day is for acclimatization. Physically prepare yourself to adapt in different climate. We recommend you to stay active even in a rest day as it is good for upcoming trek. Our guide will take you to explore Manang.

Trek to yak kharka(4018m), about 6 to 7 hours

Early in the morning, after breakfast, your adventurous trek to Yak Kharka begins. The way slowly descends through the Manang village. The houses are made up of clay and stone. Tare Gumba, a thousand year old popular monastery, is on the way. You will be passing through Thorang Khola and the valley. Finally you will walk further for Yak Kharka where you will spend the night.

Trek to Thorang Phedi (4450m), about 6 hours

This trek is bit uphill and downhill through Letdar village. Early in the morning you will leave Yak Kharka and follow the Kone Khola Valley. You will climb up from Letdar and continues to get great views of Annapurna. After climbing for a while the trail suddenly descends to the river and wooden bridge. On the way to Thorang Phedi you can explore a small teahouse. You will finally reach Thorong Phedi. Overnight at a lodge in Thorong Phedi.

Trek to Muktinath (3802m), about 8 to 9 hours via Throng la pass (5416m)

Muktinath is a sacred place for both Hindus and Buddhists. It is situated at an altitude of 3,710 metres at the foot of the Thorong La mountain pass. This trek is long from east to west which is snowy and cold. The trail is steep instantly after leaving Phedi. After ascending 5 to 6 hours you will reach the top of the pass full of prayer flags, chorten and stone cairn built by trekkers. You will be exploring the majestic scenic view from the trail and the pass. Get an opportunity to get the majestic view of Thorung peak, Annapurna, Gangapurna, Khatung Kang and Kali Gandaki valley. From here on, the trail crosses meadows, drops into a deep george and follows a wide trail into Muktinath. Dinner in the evening and stay night in a lodge.

Trek to Jomsom(2720) via Lupra village, about 7 to 8 hours

Today your destination is Jomsom which lies at an altitude of 2800 meters. The trek begins with the downhill to dramatic Kali Gandaki Gorge. This trek is little bit long so you have to start trekking early morning. Leaving Muktinath you will follow the undulating path to Jomsom which will ascend to beautiful Lupra village. Here you can explore Bamboo monastery and the close watch to the lifestyle and culture of the villagers. On the way you can see close up views of mountain Dhaulagiri and Annapurna ranges. After that our tour guide will take you to Kaagbeni(trek through wind). Evening dinner and night stay in a lodge, Jomsom.

Drive to Tatopani(1190m), about 5 to 6 hours, enjoy bathing on hot spring

Early in the morning after breakfast you will be heading to Tatopani through the scenic beauty. Take lunch and tea break. Drive for few hour will lead you to Tatopani, where you can enjoy hot spring. Bathing in natural hot water will make your mind, body and soul refresh. Overnight in Tatopani hotel.

Trek to Ghorepani (2860m), about 7 to 8 hours

Trek to Ghorepani from Tatopani is long, so start your journey early in the morning after breakfast. The trail passes through Ghara and Sikha. On the way to Ghorepani there comes a local village with patio farmlands where you can see and interact with them about their lifestyle and culture. Trekking gradually ascends to Ghorepani where you can explore the rhododendron forest (covered with beautiful red and pink flowers).

Sunrise view at Poonhill & trek to Ghandruk(1830)about 9 hours

Wake up before sunrise, climb up to Poon Hill for impressive sunrise over the Annapurna and Dhaulagiri massifs. Trek down to hotel for breakfast. After breakfast you will start trekking to Ghandruk. The trail leads all the way down through the rhododendron forest to Ghandruk, the second largest Gurung village in Nepal. On the way you can enjoy excellent view of beautiful mountains.

Trek to Birethanti & drive to pokhara, the end of Annapurna Circuit trek

After breakfast you will trek for Birethanti. On the way you can explore green forest and waterfall. After few hours trekking you will reach Birethanti from where you will drive to Pokhara. Upon reaching Pokhara rest in hotel. Dinner and overnight in a hotel, Pokhara.

Day to explore in Pokhara /Hotel

Today after breakfast explore Pokhara whole day. Enjoy sunrise from Sarangkot, boating on Phewa Lake, visit sacred Hindu sites, hike to World Peace Stupa, and see the unique natural wonder of Devi's fall. Drive back to hotel. Overnight in the hotel.

Fly Kathmandu/ last shopping/Hotel

Fly from Pokhara to Kathmandu. Enjoy panoramic mountain views and spend the rest of the day sightseeing, exploring, shopping or just relaxing in Kathmandu's numerous cafés and roof-top restaurants.

Drive to Airport for Return flight

Your final day in Kathmandu is a free day. You do as you like. Many people take the time for shopping others enjoy exploring the cultural sites of the city. Our local guide can advise you on the best shops in the area. Farewells! Our airport representative will travel with you to the airport.

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