

# Annapurna Circuit Trek

Annapurna Region , Nepal



## Duration

15 Days

## Tour Type

Trekking

## Group Size

2+

## Accommodation

Tea House Lodge,Camping

## Meal

Breakfast , Lunch , Dinner

## Max. Altitude

5416 m

### Best Season

Sep-Oct/Mar-May

### Departure from

Kathmandu

## Overview

John Wood left luxury office of Microsoft to change the world and in search of soul up in the Himalayas. On his book titled “Leaving Microsoft to Change the World” he has mentioned grandeur of places in Annapurna region of Nepal particularly the area around **Annapurna Circuit Trek**. Observe the magnificent wonders of Mother Nature yourself too. Embark on the soul searching trekking holiday in Nepal’s Himalayas. This trail could be the best excuse to make your dream of wilderness adventure a reality. Nepal Trekking Routes Treks & Expedition would be delighted to assist you for this remarkable journey.

**Annapurna Circuit Trek** starting with the spiritual and historical visit of UNESCO WORLD HERITAGE SITES of Kathmandu Valley is always exciting. The bus trip from Kathmandu to Besisahar or further upwards to Jagat along the hilly postal road is done before walking on the trail. Trekkers will notice the vast change in the geographical landscape as well as forests belt including the community lifestyles as they trek higher. From temperate to alpine, from hilly to Himalayan and from Brahmins to Tibetans all kinds of touristic attractions can be savored. Annapurna Circuit Trek is the only [trekking trail](#) where trekkers can witness such multiethnic villages, mountains, valleys and high passes. Crossing of **Thorongla Pass (5416 m)** towards the Lower Mustang region is equally enchanting. Witness nunnery and temple together in one place settled harmoniously in the shadow of Neelgiri Mountain. Moreover, the trip of windiest town of Nepal Jomsom also makes trekkers overwhelmed. Nestled on the banks of Kaligandaki River the town is the hub of Thakali people of the region. Take the scenic flight from Jomsom to Pokhara and finally to Kathmandu.

Leave your comfort zone and explore some of the breathtaking landscape of this Himalayan country. Nepal Trekking Routes Treks & Expedition ensures great hospitality and professional services during **Annapurna Circuit Trek** in Nepal. Let your soul get showered by the enigmatic beauty of nature in Nepal. Feel the mountain fresh air and raise the spirit of holidaying with this diversified trekking tour in Nepal.

## Itinerary

### **Day 01: Arrive at Kathmandu (B.B)**

Upon your arrival time, a representative from Nepal Trekking Routes will reach Kathmandu International Airport [TIA] to welcome and receive you. You will then be escorted to your hotel where you can refresh and relax and in the evening a welcome dinner program will be organized at a Nepali restaurant. Overnight in Kathmandu.

### **Day 02: City Sightseeing and Trek Preparation (B.B)**

After enjoying morning breakfast, you will be picked by your guide from the hotel and take around Kathmandu for sightseeing. You will visit world heritage monuments such as Kathmandu Durbar Square, Pashupatinath, Swoyambunat and Bouddhanath. In the evening, our trekking guide will conduct a briefing about the trekking program before dinner. Overnight at Kathmandu.

### **Day 03: Drive from Kathmandu to Syange (1100m/3608 ft) - 8 - 10 hours (B.B)**

We begin our long drive to Syange early in the morning. En route we get to enjoy the countryside of Nepal with its green hills, winding rivers, terraced farms and of course the mighty Himalayas. Overnight in Syange.

### **Day 04: Trek from Syange to Dharapani (1,960m/6,430ft) - 7 - 8 hours (B.B)**

We enter Manang district after crossing a large bridge near Tal. The trail passes through barley, rice and potato fields and the waterfalls continue to accompany us even today. We also pass through the village of Kodo before reaching Dharapani which is one of the biggest villages in the Manang valley. Overnight in Dharapani.

### **Day 05: Dharapani to Chame (2,710m/8,891ft): 5 - 6 hours (B.B)**

Today we negotiate a few steep forested ridges along with several landslides on route to Chame. We should not forget to look up though, as we will be greeted with remarkable views of Lamjung Himal, Annapurna II, and Annapurna IV (7,525m). We also come across small hot springs which should help us relax for a while. Overnight in Chame.

### **Day 06: Chame to Pisang (3,300m/10824ft): 5 - 6 hours(B.B)**

We walk through a steep and narrow valley to have our first view of Paungda Danda rock face, a dramatic curved rock face rising 1500m from the river. From here, we also gain excellent views of Annapurna 2 to the south and Pisang Peak to the north east. Next, we descend to the Manang Valley floor enjoying the captivating landscape. Overnight in Pisang.

**Day 07: Pisang to Manang (3,500m/11,482ft): 6 - 7 hours (B.B)**

From Pisang there are two routes to Manang. We choose the one which passes through Upper Pisang via Geru as it guarantees outstanding views of Mt. Annapurna, Pisang Peak, and others. As we walk near Manang the climate becomes more cold and dry. However, a short visit to Barge Monastery, the biggest monastery in the Manang District should cheer us up. Overnight in Manang.

**Day 08: Manang: Acclimatization day (B.B)**

In order to keep fit on the trails that follow, we keep ourselves busy today with a short hike to either Bhojo Gumba or Gangapurna Lake. If we have the energy, we can even hike to Vraga Village where we can visit the Himalayan Rescue Association which will give us some idea about Acute Mountain Sickness (AMS). Overnight in Manang.

**Day 09: Manang Rest ( B.B.)**

Today we stay in Manang where we can do a short hike to ascent slightly higher to for instance Khangsar, which is a 200 meter ascend. It is important to have a relatively restful day today, to allow your body to acclimatize to the higher altitudes and thinning air. It also gives us the possibility to wash some of our clothing.





**Day 10: Manang to Letdar (4250).**

Manang to Letdar (4250) Trekking slowly upwards to Thorung La we will leave the large trees behind and see vegetation consisting mainly of scrub juniper and alpine grass and we will pass a few meadows where horses and yaks graze. After we reach Yak Kharka we will see herds of blue sheep grazing the steep slopes as well. About an hour after passing Yak Kharka we will arrive at Letdar (4:30 hrs)

**Day 11: Letdar (4250) to Thorang Phedi: (4420m/14501ft): 3-4 hours (B.B)**

It is an uphill walk to Thorang Phedi. After walking for some time we cross a suspension bridge and reach Ledar village. We ascend furthermore and pass through towering cliffs before reaching Thorang Phedi, the last village before Thorong La. On this trip we are rewarded with one of the best views of Mt. Gundang, Mt. Syagang, Thorung Peak and Mt. Khatungkan. Overnight in Thorung Phedi

**Day 12: Thorong Phedi to Thorong La pass (5416m/17764ft) to Muktinath (3,800/12,467ft): 7 - 8 hours (B.B)**

Crossing Thorong La pass, one of the highest passes in the world will be our ultimate objective today. We will be crossing the pass from east to west (Manang to Muktinath) which is the easiest

and safest direction. We get up around three in the morning and walk up the mountain. When we finally make it to the top, we realize that our journey was worth it. We can take a few photos before heading to Muktinath Valley at the foot of the Thorong La pass. Overnight in Muktinath.

### **Day 13: Muktinath to Jomsom (B.B)**

Trek to Jomsom all the way down to Jomsom you will enjoy your day walk down hill up to the kagbeni and walk through the kaligandaki corridor to the Jomsom

### **Day 14: Drive to Pokhara/ flight to Pokhara (B.B)**

### **Day 15: Drive back to Kathmandu. (B.B)**

Enjoy a scenic highway drive back to Kathmandu which takes about 6 hours.

### **Day 16: Farewell Travel Guest**

## **Inclusion**

- Airport pick-up and drop off service.
- Trekking Guide and Trekking porter (Two participant 1 porter, Porter carry 25 Kg)
- Breakfast, Lunch, Dinner, accommodation during the trekking
- Three Star Level or equal level hotel in Kathmandu
- Sleeping bags, down jackets, duffel bags and trekking sticks (if required)
- Trekking permit of National park,
- TIMS (Trekking Information Management System)
- Insurance and equipment for the trekking staffs
- First aid kit
- Farewell dinner in Kathmandu with cultural program in typical Traditional Nepali restaurant
- Arrangement of Emergency Helicopter service which will be paid by your Travel Insurance Company.

## **Exclusion**

- Personal expenses
- Heritage entry fee during the sightseeing Kathmandu & Pokhara

- Bar Bill
- Travel insurance
- Round trip flight fare for Kathmandu-Pokhara-Kathmandu
- Tips for guide and porter
- Extra Meals & hotel accommodation in Kathmandu other than mentioned in Itinerary

## Contact

Tel: [+977 9851070897](tel:+9779851070897)

Email: [info@nepaltrkkingroutes.com](mailto:info@nepaltrkkingroutes.com)

Bhagwati Mandir, Thamel Marg,

Kathmandu, Nepal

Website: <https://nepaltrkkingroutes.com/>

