

Annapurna Circuit Trekking



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Trekking in the Annapurna region is a dream for many trekkers. Annapurna Circuit Trek is an adventurous 180 kilometers hike around the majestic Annapurna range that includes Annapurna I (8091m)- the tenth highest mountain on earth.

The Annapurna circuit trek follows Marsyangdi River up to Manang valley then climbs down to the melodramatic valley of Kali Gandaki into lower Mustang. The most challenging part of this trek is crossing Thorung La pass at 5416m, which offers close quarter views of Annapurna ranges, Dhaulagiri (8167m), Manaslu (8163m), Tilicho (7134m), Fishtail (6993m), Chulu East (6584m), Pisang (6091m) etc. The Mustang valley is home to world's deepest Kali Gandaki gorge as well as the shrine of Chumi Gyatsa or Muktinath which features a mud statue of Avalokitesvara and an eternal flame. You will also visit culture town of Jomsom (originally Dzong Sak) on the bank of Kali Gandaki river, the home of Thakali people and their unique culture and cuisine.

Numerous variations for trekking routes exist within Annapurna Circuit Trek: You can visit Tilicho Lake (5119 m), the highest altitude lake in Nepal or follow the trail to the forbidden kingdom of Upper Mustang.

The entire Annapurna trekking trail falls under the Annapurna Conservation Area, the largest conservation area in Nepal. The geography and vegetation here range from tropical to alpine highlighting rhododendron and Juniper forests, Himalayan peaks, high altitude pastures, trans-Himalayan valleys, forests, lakes, and glaciers. The area preserves such endangered species as Snow Leopards, Tibetan Argali, Musk Deer, Tibetan Wolf and six species of Himalayan pheasants.

Duration: 23 days

Price: \$2185

Rating: 3 Star

Grade: Strenuous

Destination: Nepal

Activity: Trekking in Nepal

Region: Annapurna Region

Quick Facts

Maximum Elevation: 5416 meters

Total days in Nepal: 23

Grade: Moderate To Strenuous

Accommodation: Lodge/Camping

Starting point: Besisahar (By Bus from Kathmandu)

Ending point: Pokhara

Highest Elevation: Thorung La pass 5416m pass.

Culture: blend of culture of Gurung, Thakali and Magar.

Attraction: Lamjung Himal, Annapurna Himalaya range (I,II,III,IV), Machhapuchhre Himal, Manaslu Himal, Dhawalagiri range, Tilicho peak, Tibetan ranges Splendid breathtaking place: High Mountain pass, great Himalayan view, Natural hot Spring along the route, etc

Itinerary:

Day 1: Arrival in Kathmandu

You will be warmly welcomed at airport by our office representative and then you will transfer to hotel.

Day 2: Sightseeing Day in Kathmandu

This day, you will visit much cultural heritage, which includes some of the famous world's heritages like Pashupatinath, Swyambhunath, Kathmandu Durbar Square, Boudhanath stupa and many more. You can do shopping various Nepalese cultural stuff on this day. And Back to the hotel for overnight.

Day 3: Kathmandu to Besisahar - (760m) 7 hrs Drive

After breakfast, we take a drive for 7 hours to Beshishar observing the natural beauty and peoples lifestyle along Prithvi highway. Overnight at a lodge with a full board of meals. (BLD)

Day 4: Trek to Bahundanda - (1300m) 6 hrs Trek

We start our trek to Bahundanada after breakfast from where we can see the beautiful scenery of Annapurna ranges, Khudi and Ngadi peak. After a walk of one and a half hour, we will reach Ngadi where we will have our Lunch. After Lunch, we will head towards Bahundanda in about two hours and overnight at Lodge.

Day 5: Trek to Jagat - (1400m) 5 hrs Trek

We will start our walking through the paddy and muddy fields observing hills, mountains, and a beautiful waterfall. We will stop at

Syange for lunch and again continues our trek for Jagat. After about two hours walk we will reach Jagat and overnight at Lodge with a full board of meals (BLD).

Day 6: Trek to Dharapani - (1960m) 7 hrs Trek

We will continue our journey by trekking through off-road and bank of Marshyandi river viewing beautiful waterfalls. Then we will reach a beautiful valley called Taal and will have lunch there. We will enter the Manang district walking through bare rice, potato fields, and pine forests and we reach Dharapani, one of the big village of Manang. Overnight at Lodge with a full board of meals. (BLD)

Day 7: Trek to Chhame - (2630m) 5 hrs Trek

After our breakfast, we start our trek with ascend trail along the mile track through a fir forest, higher peaks, and maple trees. We will have awesome views of Manaslu, Lamjung Himal, and Annapurna II. Then we will reach Chhame, the district headquarter of Manang where we can enjoy HOT SPRING. Overnight at Lodge with a full board of meals. (BLD) .

Day 8: Trek to Pisang - (3200m) 6 hrs Trek

Today also we have to climb along mile track observing beautiful scenery. After reaching Pisang, we will visit Pisang's monastery and view massive mountains. Overnight at Lodge in Pisang with full board meals. (BLD)

Day 9: Trek to Manang - (3540m) 6 hrs Trek

We walk through the valley floor via Hungde observing the field of gearing Yak and a wide variety of crops, spectacular views of Annapurna II, III-IV, Gangapurna. Then we have to reach Jharsang river and walk through a pine forest to reach Khausar village, a Gurung village. We can see small monastery, Chortens, Mani walls, and prayer flags. Overnight at Lodge with a full board of meals. (BLD)

Day 10: Acclimatization Day (Optional hike to Gangapurna lake or Melaripa cave)

We will stay one more day in Manang observing a beautiful view of greenery, mountains, Chortens, and Monasteries. We can also explore the unique culture and lifestyle of local people. And overnight at Lodge with a full board of meals. (BLD).

Day 11: Trek to Ledar (You may stop at Yak Kharka) - (4250m) 5 hrs Trek

To reach Ledar, we have to trek through Thorung La Pass and make steep climb through Tenki Manang, leaving Myarshyandi valley behind. And walk along the Jarsang river, we will reach Yak Kharkha and then to Ledar. Overnight at Lodge with a full board of meals. (BLD).

Day 12: Trek to Thorang Phedi (Option of hiking up to the High Camp) - (4420m) 4 hrs Trek

The trail continues through Throng Phedi along the bank of Jarsang river, where we may see herd of mountain sheep. Then we will reach to Phedi and overnight at Lodge with a full board of meals. (BLD).

Day 13: Trek to Muktinath (Visit Muktinath temple in the morning) - (3800m) 8 hrs Trek

We have to move to ascend and descend hills to reach Muktinath. On the way, we can see the beautiful scenery of Gangapurna, Annapurna, Thorang peak and Khatung Kang peak. Then we will reach to Muktinath temple, a famous holy place for Hindu, Buddhist and many Tibetan peoples. Overnight at a lodge with a full board of meals. (BLD).

Day 14: Muktinath - Kagbeni 2800m 4 hrs.

This section is really different from the trek in the Marsyangdi side. Here, the climate is relatively dry, and the landscape looks like a desert. The area on the way from Muktinath to Kagbeni is full of caves and you will be surrounded by wonderful geological forms. From Muktinath (3800 meters) the trail gradually descends towards the quaint village of Jarkot, a quaint village with interesting houses and lots of green fields which seem out of place in the brown surround. At this point you can choose between two routes: one goes directly to Jomsom, and the other goes to Kagbeni. Kagbeni is a village worth seeing, with stone houses and narrow alleys. The village is located near the Kali-Gandaki River. This river is huge and has created a very wide valley here. Do not venture north of this village. It is the border to the Mustang area, which is closed to tourists and requires very special permission to visit. (BLD).

Day 15: Day 15 : Kagbeni - Jomsom - Marpha 5.30 hrs

Along the Kali-Gandaki River, as does most of the trek in the next few days. The geological forms you will see on the way around you are really spectacular and you can buy black fossils called Salligrams from the locals. Jomsom, located 2700 meters high is a rather large village. It has a small airport, which will connect you to Pokhara and Kathmandu for the following day. The trek will continue to the small village of Marpha and you will camp for the night. It contains stone houses built on the mountain above the Kali-Gandaki river, with narrow streets paved with flat stones. (BLD).

Day 16: Marpha to Ghasa (1970 m.) 5-6 hours.

Your surroundings will take a dramatic change to green vegetation and a very beautiful view of Dhaulagiri and Annapurna region. You will stay at Ghasa. (BLD).

Day 17: Ghasa to Tatopani (1189 m.). 5-6 hours

The trek begins a gradual descent to Tatopani through valleys, fields and the beautiful Rupse Chhahara (waterfalls). You will stop for lunch at Dana village which is the deepest gorge in the world. You will rest and stay overnight at Tatopani.

Day 18: Tatopani - Ghorepani 2860m 6-7 hours

Hiking which begins with a challenging ascent to Ghorepani. You will stop for lunch at Sikha village, and stay overnight at Ghorepani. The views of the sunset are amazing over Mount Dhaulagiri and Annapurna. (BLD).

Day 19: Is a day of rest at Ghorepani

Today Is a day of rest at Ghorepani with a day hike to the Poon Hill. Poon Hill is the highest hill in the western part of the trek. It gives a birdseye view of the Mustang and Pokhara Valleys as well as the clear view of over 25 snow-capped peaks including the Annapurna range and Dhaulagiri. (BLD).

Day 20: Down to Pokhara for 5-6 hours.

Your trek will continue down for 5-6 hours as you go from Ghorepani to Birethati and the Modi River. From here you will be driven back to Pokhara. (BLD).

Day 21: Drive or fly back to Kathmandu

Drive or fly back to Kathmandu. (BL).

Day 22: A day of rest in Kathmandu.

for shopping and any other sightseeing. (B).

Day 23: Drive to airport/depart.

Drive to airport/depart or stay as your time permits(B).

Highlights:

- Highest point of the trek is Thorang La pass (5416m)
- Cross two river valleys of Kaligandaki and Marsyangdi
- Visit Kali Gandaki Gorge, Tilicho Lake
- Close views of Annapurna, Dhualagiri, Manaslu, Fishtail, Tilicho peaks
- Visit Muktinath, the town of Jomsom and forbidden kingdom of Upper Mustang

Other Features:

- Maximum Elevation: 5416 meters
- Total days in Nepal: 23
- Grade: Moderate To Strenuous
- Accommodation: Lodge/Camping
- Starting point: Besisahar (By Bus from Kathmandu)
- Ending point: Pokhara
- Highest Elevation: Thorung La pass 5416m pass.
- Culture: blend of culture of Gurung, Thakali and Magar.
- Attraction: Lamjung Himal, Annapurna Himalaya range (I,II,III,IV), Machhapuchhre Himal, Manaslu Himal, Dhawalagiri range, Tilicho peak, Tibetan ranges Splendid breathtaking place: High Mountain pass, great Himalayan view, Natural hot Spring along the route, etc