

# One of the Excellent trekking in the world

This Classic trek, which is one of the most famous in Nepal.

## About Annapurna Circuit Trekking:

This classic trek, which is one of the most famous in Nepal, takes you from dense forests to the sparse Tibetan plateau, passing through ethnic villages of Gurungs, Tamangs, Magars, Thakalis, Manangies, Brahmins and Chhetris. You will go over Thorung La Pass – 5416 m. – taking in the most magnificent views of the Annapurnas, Dhaulagiri, Manaslu, Lamjung and Tibetan Himalaya ranges.

## Itinerary of Annapurna Circuit Trekking

**Day 01:** Kathmandu arrival/ transfer to Hotel

You will have a nice clean, A/C room, attached bathroom, 24 hrs running hot water type of hotel on a good location.

**Day 02:** Kathmandu guided tour

Your guide will take around Kathmandu to show its back ground and history visiting temples, monasteries and colorful city itself gives you a picture of Nepal.

**Day 03:**

Drive to Beshi Sahar more: Following Trisuli and Marsangdi River Valleys.

**Day 04:** Beshi Sahar to Nadi (1011m)

Walk for about 6 hours towards Nadi through narrow tracks, suspension bridges and a deep river gorge. Overnight at Nadi.

**Day 05:** Nadi to Jagat (1314m)

Walk for about 7 hours towards Jagat through the valley crossing several suspension bridges and passing several beautiful waterfalls land view the tower of Mt. Lamjung (22,291Ft.), Manaslu (26,760 Ft.) and Peak 29 (24,652 Ft.). Overnight at Jagat.

**Day 06:** Jagat to Dharapani (1943m.)

Walking distance of about 7 hours from Jagat to Dharapani, entering Manang district from Taal and crossing a large bridge to Dharapani to stay overnight.

**Day 07:** Dharapani to Chame (2713m)

The distance is covered within 6 hours. The trail now leads to the west in Manaslu. Forming a splendid backdrop of Annapurna II appearing occasionally to the south. As we continue, Annapurana range offers a splendid view. Overnight at Chame.

**Day 08:** Chame to Pissang (3185m.)

Keeping by the side of river all day for about 7 hours and passing through narrow and steep gorge reach Passing from where Manang Valley (a wide U – shaped valley) hanging between two giant snow peaks. Overnight at Pissang.

**Day 09:** Pissang to Manang (3351m.)

After a 7-hour walk through trails and broad forested valley floor a small stool airstrip and a village of about 200 houses and Barge monastery which is the largest in the entire district and reach Manang.

**Day 10:** Rest in Manang for acclimatization

A necessary day to rest and acclimatize and explore Manang. The village of about 500 flat.

Day 11:

We branch away from the Marsyandi Khola steadily climbing into quiet distinct alpine areas. o/n at Kharka. 3800m/ 3 hrs.

Day 12:

Thorong Phedi (4335m.)/ High camp 4800m, Crossing the Jarsang Khola we climb to a small grassy valley and camp. Approximately 3 hrs walk.

Day 13: Thorong Phedi to Muktinath (3798m.)

Crossing the pass early in the morning slowly reach the top of Thorang Pass (5417m.) and enjoy some absolutely stunning high Himalayan scenery and over to the Kaligandaki valley through the entire Annapurna range , Mukut and Mustang Himal to the west. Walking distance is about 8 hours.

Day 14: Jomsom with beautiful snow mountains and no tree land. It is gateway of Mustang trek. Those, having not good enough time to trek down all the way to Pokhara can fly to Pokhara-Kathmandu on the next day.

Day 15: Jomsom to Tukucho (2591 m.) 5/6 hrs.

Walk a valley dominated by Thakalis, Gurungs and Magars tribes, lunch at Marfa on the way.

Day 16:

Tukucho to Ghasa (1970 m.) 5/6 hrs walk, a dramatic change in the surrounding with green vegetation and very beautiful view of Dhaulagiri and Annapurna region. Overnight at Ghasa.

Day 17: Ghasa to Tatopani (1189 m.) 5/6 hours walk, gradual descend to Tatopani through valleys, fields and the beautiful Rupshe Chhahara (water falls) and then the time to have lunch at Dana village which is the deepest gorge in the world. Rest and overnight at Tatopani.

Day 18: Tatopani to Ghorepani (2793 m.) 6/7 hrs.

Walk a challenging ascent upto Ghorepani. Lunch at Sikha village, and overnight at Ghorepani from where one can observe the best sun set view over the profile of Mt. Dhaulagiri and Annapurna.

Day 19:

Rest at Ghorepani and Excursion to the Poon Hill the highest hill in the west in the whole trek, bird- eye view of Mustang and Pokhara valleys, also provides clear view of 30 snow-capped peaks including the Annapurna range and Dhaulagiri. Or walk to Tadapani at the afternoon for 4 hrs.

Day 20: Ghorepani/Tadapani to Ghandrung (1951 m.) 6/3 hours

With ups and downs towards Tadapani for lunch and camp at Ghandrung which is the biggest Gurung settlement with a closer view of Annapurna, Machhapuchhre and Hiunchuli.

Day 21: Ghandrung to Birethati (5/6 hours, walk downwards to Modi River) and drive back to Pokhara.

Day 22: Drive or fly back to Kathmandu

Day 23: Day in Kathmandu on your own/ shopping.

**Our total cost - \$ 1100**

**Cost Includes**

- Receive you in the kathmandu international airport. Then transfer to the hotel.

- Kathmandu hotel room reservation (Accommodation) as per your request.
  - All land transfer as per your request.
- Airport / Hotel / Airport pick up & transfer by car / Van or tourist bus depend of the group,
- 2 nights' accommodation with breakfast at deluxe hotel in Kathmandu( according the your bugged)
  - Kathmandu city tour as per the above itinerary/via car/ven/flight or bus.
  - Meals (breakfast, lunch and dinner) with Tea & coffee during the trek.
  - Lodge to lodge accommodation during the trek.
  - 1 highly experienced, helpful and friendly Guide, porters (1 porter for 2 people), their food, accommodation, salary, equipments, insurance.
  - Surface Transfer from Kathmandu to Pokhara or Besisahar and back by private car / van. Tourist bus.
  - Annapurna conservation permit, and all necessary permits.
  - Trekkers' Information Management System (TIMS) Permit.
  - 2 night accommodation in Pokhara (inclusive of Government taxes, breakfast, lunch & dinner).
  - Tourist service charge, Vat.
  - Office Service charge

**Cost Excludes**

- Any meals in Kathmandu other than breakfast.
- Travel insurance (if you want us to arrange your travel insurance, we would greatly be happy to assist)
- International air fare to and from Nepal.
- Nepal Tourist Visa fee US\$30 or equivalent foreign currency with multiple entry for 15 days, US\$ 40 or equivalent foreign currency with multiple entry for 30 days. You may easily issue the visa upon your arrival at Tribhuwan International Airport - Kathmandu.
- Disembarkation Airport Tax in Nepal - approx. US\$ 24.
- Items of a personal nature
- Any kind of alcoholic drinks, hot water, hot shower, cold drinks, laundry, phone call, internet.
- Trekking Equipments (down sleeping bag and down jackets are available to hire or buy in Kathmandu, which would cost approximately US\$ 1 per day per item to hire and US\$ 60 to US\$ 100 per item to buy).
- Tips for guide, porters, driver.

<http://www.nepaltrekkingtour.com/trekking-in-nepal/annapurna-region/annapurna-circuit-trekking.html>