

# Annapurna Circuit Trek



## Overview

Annapurna Circuit Trekking is popular as one of the adventurous trekking trails in Nepal. Also being a classical trek in Nepal, it bridges two distinct regions, Annapurna and Mustang and offers holistic insights of both regions. This is an ideal trek who love thrills of adventure along with vegetated landscaped to the arid kingdom of Manang and Mustang. One of the world's highest passes, Thorang La Pass (5416m) offers us real ecstasy of the adventurous trek. Stepping into awe-inspiring landscapes, cascading waterfalls, ethnic settlements and most important, dry and rugged landscapes in the lap of Himalayas are strikingly amazing to experience during this trial.

## Facts About Annapurna Circuit

Location | Central Nepal

Trek length | Generally 14-16 days- This Trek with Himalayan Social Journey is planned for 14 Days.

Distance | this varies depending on route and whether you take optional side treks, but generally between 170km - 230km

Height of Annapurna 1 Main (the highest mountain in the Annapurna Massif) | 8091m

Highest point of the trek | Thorong La Pass - 5416m (17,769ft)

## Highlights

- Breathtaking view of Annapurna Range
- Crossing the high pass Throng La ( 5416m)
- Explore the different Nepalese culture
- Visit religiously important Hindu Temple Muktinath
- Tibetan Plateau
- Guided tour of UNESCO listed world heritage sites of Kathmandu Valley
- Lush jungles and terraced fields on the way

## Journey Route to Annapurna Circuit Trek

Annapurna Circuit trekking commences from Besisahar. The trail then ascends along Kaligandaki Valley. We will also experience the deepest

gorge, Kaligandaki Gorge. Gradually, the trail takes you to Thorang La Pass which offers you astounding views of mountain giants including Dhaulagiri and Annapurna massif. Then, the trails pass via arid valleys Manang and Mustang. Tatopani is one of the striking highlights of this trekking where we can dip our body into a natural hot spring. The experience will be, of course pleasing.

Muktinath is a prominent site to visit on this trek. It is a popular Hindu pilgrimage site. 108 water spouts and a natural flame which never goes out are prime attractions of Muktinath. The trek ends with our flight to Pokhara from Jomsom followed by a drive or flight to Kathmandu.

# Outline Itinerary ( 14 Days )

## Day 1 : Arrival Day

Upon your arrival in Kathmandu, our representative will meet you at Tribhuvan International Airport, extend a warm welcome, and transfer to your hotel. Take advantage of this day to adjust to the new time zone and immerse yourself in the lively atmosphere of Kathmandu. Orientation Program will be at 5 PM. After orientation program welcome Dinner with guide.

**Max Altitude** Kathmandu (1,400 m)

**Overnight** Himalayan Suite Hotel

**Meal** Dinner included

## Day 2 : Full Day Sightseeing tour of Kathmandu Valley

Full day sightseeing tour of Kathmandu valley (Pashupatinath Temple, Boudhanath, Swoyambhu, and Patan Durbar square).

**Max Altitude** Kathmandu (1,400 m)

**Duration** 4-5 hrs

**Overnight** Himalayan Suite Hotel

**Meal** Breakfast included

## Day 3 : Drive to Dharapani

After warm breakfast, we will head towards Dharapani (1960 m). The

drive is full of the beautiful scenery of mountains, rivers and lush jungles. We pass through paddy and muddy fields witnessing the green hills, snowcapped mountains and beautiful waterfalls on the way.

**Max Altitude** Dharapani (1,960 m)

**Duration** Drive (7-8 hrs)

**Overnight** Guest House

**Meal** Breakfast included

## Day 4 : Dharapani to Chame

Leaving Dharapani, behind we head towards, Chame headquarter of Manag. Before reaching Chame, you will pass through Danaque and ascend a steep path up to Timang which lies at the bottom of Lamjung Himal.

**Max Altitude** Chame (2,670 m)

**Duration** 6 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 5 : Chame to Upper Pisang

Today, after a warm breakfast, we will head towards Upper Pisang. We pass through a fir and pine forest, climb a high and rocky area. We will follow a trail to steep trail to Bhratang. After walking for a few hours, we will come up to a beautiful valley with a great view of Annapurna II as well as Pisang Peak.

**Max Altitude** Upper Pisang (3,300 m)

**Duration** 6 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 6 : Upper Pisang to Manang

Again today we will be climbing a steep ridge to Manang valley through upper trail (Nawal Village). From the ridge, you will get to see a wonderful Manang Valley and Tilicho lake. We will descend down to Manang's airstrip at Hungde, you come across a surface area from where you can get a breathtaking view of Annapurna III, and from the wide plains of Sabje Khola, you will get a beautiful view of Annapurna IV.

**Max Altitude** Manang (3,540 m)

**Duration** 6 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 7 : Acclimatization Day in Manang

Acclimatization day. Today we spend a day acclimatizing in Manang. The whole day we spend by doing some fine day walks to Gangapurna Glacier or Annapurna III Base Camp or Monastery and overlooking the magnificent views around the village. And the daytime is best to gain altitude.

**Max Altitude** Manang (3,540 m)

**Overnight** Guest House

**Meal** Breakfast included

## Day 8 : Manang to Ledar

Today, we will ascend a steep trail through Tenki Manang and leave

Marshyandi valley. We will cross along the Jarsang River eventually reach Yak kharkha which is pasture land for grazing Yaks and then reach Ledar.

**Max Altitude** Ledar (4,200 m)

**Overnight** Guest House

**Meal** Breakfast included

## Day 9 : Ledar to Thorang-La High Camp

Today, we will leave behind Ledar and head towards High Camp. The trail is rough as we will be crossing through the narrow path over Kali Gandaki River. The trail is tough way straight up and down in few places.

**Max Altitude** Thorang-La High Camp (4,880 m)

**Overnight** Guest House

**Meal** Breakfast included

## Day 10 : High Camp to Muktinath (3760m) via Thorong La Pass

Today, is a little tough day, as we will be crossing Thorong La Pass. We will follow the trail to Muktinath.

**Max Altitude** Thorung La Pass, (5,416 m)

**Duration** 6-7 hrs

**Overnight** Guest House

**Meal** Breakfast included

## Day 11 : Muktinath to Jomsom

Today, we will visit the Muktinath for few hours and continue our trek to Jomsom.

**Max Altitude** Jomsom (2,720 m)

**Overnight** Guest House

**Meal** Breakfast included

## Day 12 : Jomsom to Pokhara by flight and sightseeing tour in Pokhara

We will take an early flight to Pokhara from Jomsom. Get freshened up in Pokhara and visit the Pokhara city or helicopter tour in Annapurna Basecamp. Helicopter tour is an optional.

**Max Altitude** Pokhara (822m)

**Overnight** Hotel Lake Star/ Hotel Dandelion

**Meal** Breakfast included

## Day 13 : Drive to Kathmandu by tourist bus Or take flight to Kathmandu

After breakfast, we will take an early drive to Kathmandu by tourist bus or flight (flight is an optional).

**Max Altitude** Kathmandu (1,400 m)

**Duration** Drive to Kathmandu (6-7 hrs)

**Overnight** Himalayan Suite Hotel

**Meal** Breakfast and Dinner included



## Day 14 : Departure Day

After an early breakfast, our representative will drive you to the airport for your flight to your country Or you may join your next trip.

**Meal** Breakfast included

## **Include / Exclude**

- Airport pick up and drop
- Transportation by bus from Kathmandu-Beshishar- Bhulbhule and Pokhara- Kathmandu by tourist bus
- Three-star category hotel in Kathmandu (Himalayan Suite Hotel) and Pokhara (Hotel Dandelion or Hotel Lake Star) in twin sharing bed and breakfast basis
- Accommodation in lodges with breakfast during the trekking
- Meals, accommodation, insurance and other expenses of trekking crew
- Guided sightseeing tour in Kathmandu and Pokhara
- TIMS and necessary permit for trekking
- Necessary equipment (sleeping bag and duffle bag if necessary) during the trek
- Welcome dinner on Day One
- Flight fare (Jomsom- Pokhara)
- All government taxes and office expenses
- Lunch and dinner during the trip (Meal cost about 4\$ - 7\$ dollar per item depending on the place where you eat)
- City sightseeing entry fees in Kathmandu (NRs 200+ 400+ 1000+1000)
- Flight ticket PKR-KTM (US\$ 120 PP)
- Personal expenses



# Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, " Ecstasy is within you, safety the first."

## Our Contact

House No 244, Buddha Tole Marg, Kumari Club, Shorakhutte

reservation@hsj.com.np

+977-01-4952211, +977-9865452271(Whats app)