

Annapurna Circuit Trekking

Package Highlights

- Sightseeing in UNESCO heritage sights in Kathmandu valley
- Visiting Buddhist Monastery in Upper Pisang and in Braga Village
- Panoramic mountains and diverse ethnic villages
- Sightseeing around Manang village and visit Gangapurna Glacier Lake
- Crossing the Thorung-La Pass over 5416 meters
- The Pilgrimage town of Muktinath, Apple field villages down from Muktianth
- Walking through the world's deepest gorge and the Kaligandaki valley
- Bath and take a dip in natural hot springs pond at Tatopani
- Best sunrise view at Poon Hill with magnificent mountain views
- Warm welcomed peoples in local tea houses

Trip Facts

- Starting Price: US\$1616.00 (Per Person)
- Duration: 21 Days
- Grade: NA
- Destination: Nepal
- Meals: Breakfast + Lunch + Dinner
- Transportation: Private Vehicle/Tourist Bus
- Trekking Style: Trekking and tour
- Accommodation: Hotel and Guest House
- Max. Altitude: 54,16 miter (Thorong La)
- Min. Pax: Any
- Best Season : March to May & Sept to November

Itinerary Details

Day 01 : Arrival at TIA airport of Kathmandu. Transfer to Hotel and Overnight 1350m

Representative from Nepal Highland Treks pickup you from international airport and transfer to Hotel at Thamel, Touristic hub. Depend one time, we can discuss about the trip and make sure your trekking equipment.

Day 02 : Day in Kathmandu. Sightseeing and trip preparation. Overnight at hotel

After your breakfast, our tour guide leads you to sightseeing around Kathmandu valley. We cover three major highlights which are UNESCO heritage sites. Bhaktapur Durbar Squire, Old king palace with living arts and architectures. Baudhanath Stupa, A biggest Buddhist stupa. Pashupatinath temple, a Biggest Hindu temple. Come back to hotel and final preparation of trekking. Introduce with your guide and porter

Day 03 : Drive to Syange (1100) via Besisahar (830m) by bus and local Jeep - 8 hrs. Overnight at tea house

After your early breakfast in Hotel, drive to Buspark for driving to Besisahar and then Syange. We may change bus from Besisahar. You also have an option to make it comfortable with choosing private transportation from Kathmandu. Scenic drive with green valleys, mountain and local villages. Most of routes following of Trisuli River and Marshyangdi. Reach at Syange and check in to local tea house.

Day 04 : Trek Syange to Tal (1700 meters) - 5 hrs. Overnight at tea house

Our first day of trekking start from here. Trekking starts gradually following the beautiful surface of Marshyangdi River. The scenery and landscape is change since we enter at Manang region. Many spectacular waterfalls will follow us at our walking

Day 05 : Trek Tal to Danaque (1860 meters) - 5 hrs. overnight at tea house

We will leave Marshyangdi River behind and enter wide, flat valley. Spectacular Annapurna II and Pisang peak along the trail. You can observe peoples and their lifestyle near at country side. Beautiful waterfall along the trail is still picturesque today.

Day 06 : Trek from Danaque to Chame (2670 meters) - 4/5 hrs. overnight at tea house

Quite short walking day today with enjoyable Mountain peaks, waterfalls and beautiful landscape. After 4 hours of walking, reach at Chame and take your lunch here. Chame is the headquarter of Manang district having nice lodges comparatively your previous days. You can hike around the village, if you go little further from town, there lies two small hot springs

Day 07 : Trek Chame to Upper Pisang (3300 meters) - 6 hrs. Overnight at tea house

Walk through the dense forest along with bank of Marshyangdi River enter narrow valley. The scenic view of crops land and mountains during this walk. After 6 hours of walking reach at Upper Pisang. Village is surroundings with some of the lod monasteries.

Day 08 : Trek Pisang to Manang (3500 meters) - 6 hrs. overnight at tea house

Continue our trek walking through big hills, Jungle and wetland. Cross small Buddhist stupa, Monasteries and Lama's School on our walking and reach Manang. Manang is biggest village in the Trans Himalayan range of Nepal. Ethnic Gurung and Ghale peoples from here called Manangis. Minorities of Buddhist Lamas who came here from Tibet, Dolpo and Mustang are the inhabited of Manang

Day 09 : Acclimatization day at Manang village. Overnight at tea house

We spend a day acclimatizing in Manang by doing some walks and sightseeing around the village with your guide. We will visit Monastery and go to Gangapurna Glacier Lake during our walk. Towards the end of the day, we return to our accommodation for a night's rest at Manang

Day 10 : Trek Manang to Yak Kharka (4,000m) - 5/6 hrs. Overnight at tea house

After acclimatization at Manang we get good energy to cross about 500 meter ascending. We make the climb steadily through Tenki, leaving the Marshyangdi Valley. Continuing along the Jarsang Khola Valley. Reach at Manang, there we see the vegetations steadily more sparse

Day 11 : Trek Yak Kharka to Thorong Phedi (4,450m) - 5 hrs. overnight at tea house

After a two hour ascent, the trail descends to cross the river at 4,310m. We then climb up to Thorong Phedi at 4,450m where decent guesthouses have been built in the recent years. An option, we also can reach at High camp. It is depend on availability of tea houses

Day 12 : Trek Thorong Phedi to Muktinath (3,800m) passing Thorung-La pass (5,416m) - 8 hrs. overnight at tea house

Today is a long trek starting before sunrise at 4 am to reach the pass by 9-10am because of after mid day, heavy windy hit, which might greatly affect the journey, particularly at the Thorung La Pass (5,416m). We climb steeply on a regular route which is quite easy to follow. However, some problems may arise due to the altitude and snow. About four hours climb up to the pass marked by the chortens and prayer flags will reward us with stunning views from the top of the pass. Another four hours of walking down will take us to the holy town of Muktinath. Overnight here

Day 13 : Trek Muktinath to Marpha (2,670m) 4/5 hrs. Overnight at tea house

This day, trail goes down to the Kali Gandaki gorge. Kali Gandaki is the deepest gorge in the world which is situated between the Annapurna (8091m) and Dhaulagiri (8167m) peaks. And then, the trail begins gently down to Rupchechhara waterfall. Rupchechhara is the beautiful waterfall of Nepal, where you can take a picture of the waterfall and move ahead to Tatopani.

Day 14 : Trek Marpha to Kalopani (2,530m) - 7 hrs. overnight at tea house

Trekking trail goes down to the Kali Gandaki gorge. And then, the trail begins gently down to Rupchechhara waterfall. Rupchechhara is the beautiful and longest waterfall of Nepal,

where you can take a picture and move ahead to Tatopani. At evening you can enjoy bathing in Natural hot spring

Day 15 : Trek Kalopani to Tatopani/ Natural hot-spring(1,190m) - 6 hrs. Overnight at tea house

Trekking trail goes down to the Kali Gandaki gorge. And then, the trail begins gently down to Rupchechhara waterfall. Rupchechhara is the beautiful and longest waterfall of Nepal, where you can take a picture and move ahead to Tatopani. At evening you can enjoy bathing in Natural hot spring, which wash all the tiredness of entire trip.

Day 16 : Trek Tatopani to Ghorepani (2,810m) - 6/7 hrs. Overnight at tea house

After your breakfast, start trekking via rough road till suspension bridge over Kaligandaki River. By crossing, trail begins uphill inside green forest. It is actually hard day by climbing about 1600 meter altitude. Passing through couples of Gurung and Magar villages. Reach Sikha to have lunch and reach Ghorepani at late afternoon. Ghorepani is one of the famous village and key junction of Annapurna Base Camp Trekking.

Day 17 : Morning hike to Poon Hill (3,210m) and trek to Tikhedunga (1,570m) - 6 hrs. Overnight at tea house

Early in the morning hike to Poonhill for best sunrise and mountain view. You will see different phases of mountain which are same mountain you seen before from trekking route. come back to lodge and take breakfast. Trekking all the way down to Tikhedunga through rhododendron forests of a large Magar village of Banthanti and Ulleri.

Day 18 : Trek Tikhedunga to Nayapul (1,010m) - 3 hrs and drive to Pokhara - 1 and half hrs. Overnight at Hotel

Start trekking after breakfast. Walking on easy and almost flat land reach Nayapul after crossing several villages. Nayapul is the ending point of Annapurna conservation and out trekking too. We take our car drive back to Pokhara. Check in hotel and overnight

Day 19 : Day in Pokhara. Sightseeing and relax. Overnight at Hotel

Scenic green hills and panoramic mountain view is view right from your hotel. Your guide will take you to main monuments in Pokhara valley. we includes David Falls, Gupteswor Mahadev cave, International mountain museum. Boating at fewa lake and visit Tal barahi temple at the middle of Lake. Rest of day is relax at Lakeside Pokhara

Day 20 : Drive back to Kathmandu (6 Hrs). Overnight at hotel

You also have choices of taking private transportation or taking flight (25 minutes) so that you can choose your own time to departure from Pokhara. We drive to tourist buspark

early in the morning. Drive 6 hours to Kathmandu and transfer to Hotel. Invite you to have dinner with us in Nepali cultural restaurant.

Day 21 : Departure from Kathmandu

Final departure to home. we drop you to International airport

Cost Includes

- Arrival and departure arrangement
- Twin sharing accommodation in Kathmandu and pokhara, 3 star category hotel with every morning breakfast
- Sightseeing in Kathmandu and in Pokhara with private transportation, tour guide and entrance fees
- Bus drive to Syange from Kathmandu and Pokhara to Kathmandu
- Annapurna conservation area permit and TIMS card for trekking
- Experience English speaking trekking guide with his salary, foods, accommodation, insurance and equipment
- Porter to carry your luggage (2 pax = one porter) with his salary, foods, equipment, accommodation and insurance
- Three times foods (Breakfast, Lunch and Dinner) and hot drinks during trekking
- Arrangement of emergency evacuation in case of need
- First aid kit box
- All service charge and government taxes
- One welfare dinner with Nepal Highland Treks team

Cost Excludes

- Lunch and dinner in Kathmandu and in Pokhara
- Bottled drinks including drinking water and bar bills
- Personal expenses, battery charge cost, hot shower, telephone and internet
- Personal equipment, travel insurance, personal medical expenses
- Emergency evacuation charge in case of need
- Extra activities, Tipping

Useful Note

Accommodation in the trip

Our package is including 3 nights hotel in Kathmandu and another 2 nights in Pokhara. It is 3 star category hotels with breakfast and on twin sharing. Accommodation in entire trekking is in local tea houses (Local guest house) on twin sharing. You will get rooms with inside toilet only in few places. Most of the overnights are in room without toilet inside. All the tea houses are providing common toilets outside your room. **Annapurna circuit Trekking** region may have over flow of trekkers in peak season, in that situation, you may share common room with other trekkers. It may happen in few places like Yak Kharka and Thorong Phedi.

Foods in the trip

Kathmandu and Pokhara have lots of restaurants to choose for your Lunch and Dinner. Breakfast is including in the package that is provided by same hotel you are staying. During your trekking, same tea houses you are going to stay provide you breakfast and Dinner. Lunch is on the way at suitable place. All the foods during trekking is including in the packages. Hotel and restaurants provide you international standard foods in entire **Trekking**. It is suggest choosing vegetarian foods. Meats are not fresh in the region since it should carry from out of the region.

Guide and Porter

Your guide to the **Trekking** is from Kathmandu. He is the one who will be our regular guide more responsible, friendly, and helpful English speaking. You will meet them in Kathmandu before starting your trek. Usually there will be 1 porter for every two trekkers. He is able to carry total 25 kilogram. Both guide and porters are fully equipped, insured and package including their foods, accommodation on the way. Trekking guides are those who can communicate with you and local peoples and having enough knowledge of local places, peoples, their cultures and having knowledge of high altitude sickness.

Drinking Water during Trekking

Drinking water is extra cost from package. During the trek it is available bottled mineral water, boiled water fill in your own bottle from every tea houses or can use even normal water from Tap. Bottled mineral water is available in every guest houses, shops in entire Trekking. As you hike high altitude, cost of bottled mineral water and boil filtered water increase. Water from local taps can be also used as drinking water by purification with purification tablet and filter it yourself. Most of the trekkers are drinking bottled mineral water and boiled filtered water. Trekkers are using local tap water rarely.

Equipment list

You do not need to bring whole equipments from your home country. Good trekking equipments with reasonable cost are available in Kathmandu. We can suggest you to buy those after we check it in hotel before starting of trekking. Representative from Nepal Highland Treks or your guide can provide you good suggestion. Our itinerary has enough time to be prepared with your proper equipment.

Clothing List

Round cap to protect from sun during sunny day

Warm head cover cap
Muff to cover mouth from heavy wind and cold
2 pairs warm inner thermal and inner trouser
1 pair warm outer trouser
1 pair warm wind proof warm outer trouser
One pair light and warm jacket or sweeter
One pair down jacket
One pair wind proof jacket
2 pairs light shocks
2 pair warm shocks
1 pair light shoe or sandal
1 pair warm water proof trekking shoes
2 pairs light trouser or half paint for walking during day and hot temperature
3 to 4 pairs of light t-shirt
Warm glove
Rain coat (cover body and backpack)
20 litter polar bag for trekking, carrying yourself (Trekking bag pack)
Duffel bag or big polar bag to hand over with your goods to our Porter (**Nepal Highland Treks provide you**)
Down Sleeping bag with its Inner (**Nepal Highland Treks provide in returnable based**)

Other accessories

Head lamp with enough battery
Camera and its battery
Battery charger
Trekking stick
Phone and charger
lip care
Sun cream
Toilet papers
Hand wash lotion
Tooth brush and tooth paste
Washing soap and bath shampoo
Quick dry towel

First Aid Kit Medicines

In every trekking package, our guide will carry first aid kit box containing medicines of anti altitude, anti Diarrhea, pain relief, Antibiotic, anti cold, anti vomiting, anti headache, fever, bandages, handplast and anti septic lotion . If you are taking any regular medicine that is compulsory to bring yourself.

Some Dos and Dont's during Annapurna Circuit Trekking

Trekking route of Annapurna is unspoiled and exotic land which is sensitive. Treat the land and local peoples with care and respect. Try your best to keep environment clean and show appreciation for culture and traditional religious beliefs.

Make Annapurna region litter free: Do not through any litter; put it in dustbin fixed by

national park or in local tea houses. Sanitary napkins and tampons should be wrapped properly and through it right place. Take batteries back to your home country for safe disposal or reuse.

Respect local cultures, custom and peoples: Route of **Annapurna region** is combination of different cultural ethnic group of local peoples. Their culture, customs, living style and any function is typical and it is important for them. So respect all these while you are there. You can involve respectfully in those function.

Take your guide with you in every hiking and climbing: our guide will be always with your while trekking every days. You are trekking and hiking in remote areas with maximum altitude. Few days in the itinerary are as acclimatization day and hiking around for recovering stamina. Take your guide with you in all these activities. It is Himalaya and do not be more exited, take advice from guide to take any decision.

Do not through foods after order: Foods are all carried by helicopter or flight from Kathmandu. It takes a week time to reach all the foods in base camp site. It is not with any other transportation but carried by peoples or donkey. It is important that you order only sufficient food which you can finish. Do not waste any foods in the region.

How to get Nepal Visa and its cost?

Visa for Nepal is available on your arrival. Since you trip is 21 days, it is suggest to take a month visa which cost USD 40 per person. You only need your original passport and cash (any currency).

Trip Note

Itinerary or **Annapurna circuit** is general itinerary and it can be customized as per your timeframe and interest. You also can add some more activities without adding day in your itinerary. Like Rafting in Trisuli River on the way back Kathmandu, Paragliding, Bungee Jumping in Pokhara, Mountain fight in Kathmandu.

This trekking cost might change, if you are single person, want to upgrade your hotel in Kathmandu and in Pokhara or take private transporation or flight instead of taking tourist bus and public bus.

Departure Note

It is not necessary to join a group in **Annapurna circuit trekking**. You can choose your own date for your private trip. Our fixed departure date might change without any update here in web.