

# Annapurna Circuit Trek



## Trek to the Annapurna Circuit Region

The **Annapurna Circuit trek** has been ranked as one of the best treks in the world. It has an amazing blend of rhododendron forests, crystal clear rivers, the alpine, jagged peaks of Himalayas, ancient tea houses, and shady oak stands.

The trek mainly goes through the Marshyangdi River valley; this gets you almost to the base of the Ganapurna Mountain and also into the Manang valley that is referred to as the Himalayan Shangri-La. It is an excellent trekking route that goes around the entire range of Annapurna Mountain. The climb to the Thorong-la pass is the highest and the most adventurous pass of this trek. The trekking experience of Annapurna Circuit is just outstanding.

## The Most Appropriate Time of Visit

The most suitable time to visit Annapurna Range is either post monsoon or pre-monsoon. This means you should either visit between March to April or in between September to October. If want to experience the full bloom of the rhododendrons then make sure you plan your visit around March or middle of April. Rainfall occurs mostly during June and September. Thus, make it a point to avoid these months of monsoon.

## Permits Required for the Trekking

When you plan on trekking to the Annapurna Circuit, makes sure that you have two permits, the Trekkers Information Systems and the Annapurna Conservation Area permit. These permits are checked on the trail. Obtain this either from Pokhara or from Kathmandu before your trek.

## Things You Need to Carry

**Backpack:** Get a good quality backpack that has some quality straps. This way you will not have to readjust

every now and then. If you are successful in choosing the right backpack, you will save yourself a lot of pain and trouble during trekking.

**Jacket:** Purchase a jacket that will keep you warm from the chilly winds of higher altitudes. Also make sure that the jacket is waterproof and comfortable enough.

**Clothing:** The clothes that you need to carry depend entirely on the time of the year you are trekking in. Exclude cotton clothing from your bag because it absorbs sweat and becomes heavy. Carry enough thermal shirts, long pant, and a pair of socks along with you. Also, carry a warm hat for high elevations and also nighttime.

**Footwear:** Running shoes are the good for trek. It works great as it can be broken-in in order to prevent blisters. They are very comfortable to walk in. Keep some band-aid and plasters in case you develop some blisters. The best option is to take hiking shoes and to break them before you start your trek. Carry a sandal to wear them at night time, after the trek.

**Water Purifier:** You get bottled water all along the trekking route but sellers take more money for very bottle in the higher altitudes. There are some clean drinking stations too, however they are not that frequent to keep you hydrated. It will be best if you carry some water purifier and add to the local water before drinking.

**Sleeping:** You get blankets in the place that you are staying in, but the blankets that are available in the high altitudes in unclean. Therefore, it is better to carry your own sleeping bag.

Duration: 22 days

Price: \$1250

Rating: 5 Star

Group Size: Minimum 02 pax

Grade: Medium

Destination: Nepal

Activity: Trekking in Nepal

Region: Annapurna Region Trekking

### **Accommodation:**

Kathmandu and Pokhara - Hotel with Breakfast

Trekking Period: Lodge or Guest House with breakfast, lunch and dinner.

## **Vital Information**

Kathmandu: Culture, Tradition and History of Nepal.

Pokhara: Natural views, Himalayas, Fewa Lake

Trekking: Annapurna Himalayas, Thoron Pass 5400 meters, Muktinath Temple, Gurung Culture and villages, Thali culture, Brahmin Culture

## **Itinerary:**

Day 01

Kathmandu Arrival

Arrival in Kathmandu International Airport. Welcome by our representative and transfer to Hotel.

Day 02

Kathmandu City Tour

Half day city and preparing ACAP permit and TIMS with trekking preparation day.

Day 03

Drive to Beshishar

Drive to Beshishahar which is some 178 Km. and will take some 6 hrs. Along the Trishuli and Marshyangdi River popular rafting rivers of Nepal. Overnight in the Beshisahar. Drive to

Day 04

Trek to Bahundanda

Trek to BahunDanda (1310m.) which means "the Hill of the Brahmins" the major cast of the Nepals' midhill. It will take approximately 6 hrs. Then rice field where the water available can be seen. July- October is the month they grow rice and millet as well at the same time.

Day 05

Trek to Chyamje

Trek Bahundanda to the Chyamje (1430 m.) Actually for those few days the chance to see the White Mountains

is less but the hilly mountains also attracts you. The waterfall in Nepal is always great to see.

#### Day 06

##### Trek to Bagarchhap

Trek Chamje to Bagarchhap (2160m.) Now slightly and gradually the trail is hiking up. We will pass number of nice settlements and villages along the route Tal is the nice village to have lunch. Bagarchhap is the small village from where we can see the mountains behind you.

#### Day 07

##### Trek to Chame

Trek Bagarchhap to Chame (2670). You will continue to the forest of the Fir and rocky declivities with the view of the Manaslu and Annapurna II (7939m.) Chame is the capital of the Manag district situated in the bank of the river Marshyangdi.

#### Day 08

##### Trek to Pisang

Trek to Pisang (3200m.) A spectacular waterfall can be sighted near Brathangs village where the small stone memorial is erected in memory of the Japanese hiker, who died passing the ghat Thorong La, since he stayed in the snow

Trek to Manang (3540 m.). This is really wonderful trail with the pastures by the Yaks, Horses and cattle .The trail offers some magnificent sights of the top of Annapurna's After a short walk from Pisang village the trail forks and one climbs to the Ngwal from where the view of the Annapurna's is wonderful.

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#### Day 10

##### Rest in Manang

Rest in Manang for acclimatization. The Himalayan Rescue Association and they brief about the High altitude,

sickness and the way to be safe from the problems. The Gangapurna Lake is nice to view and one can walk around the town to explore. There is the mountaineering school also in Manang where the basic training of the mountaineering is given by Nepal Mountaineering Association.

#### Day 11

##### Trek to Ledar

Trek Manang to Ledar (4200 m.) From Manang the landscape is more like Tibetan plateau It seems more gradual rather than up but hard to breathe and take a longer time to cover the short distance.

#### Day 12

##### Trek to Thorong High Camp

Trek to Thorong High Camp 4800 m. This can be hard night with the lack of enough Oxygen. Ready to wake up in the early morning for the next most exciting day at all.

#### Day 13

##### Trek to Thorong pass to Muktinath

Start the climbing early in the morning. This is the most awaited day for your Nepal trip. The top of the Thorong La (pass) 5416 m. is the highest point for the whole period. Muktinath is the name of the Hindu God with the meaning of the "God of Salvation". The Sep-Oct fest is the most interesting and crowded. Apart from this, this is the greatest example of the co-relation and harmony between Hinduism and Buddhism.

#### Day 14

##### Trek to Kagbeni

Trek to Kagbeni 2800 m. Kagbeni is the Gateway to Upper Mustang. The monastery supposed to be some 500 yrs old which is situated in the town. Upper is only permitted with the special permit granted in the limited number per year with high royalty . That is 700 US\$ per person only for the Govt royalty for at least two people and the trek cost is extra.

#### Day 15

##### Trek to Marpha

Kagbeni to Marpha 2670m passing Jomsom where the airport is situated with the connection to Pokhara .Jomsom is the capital of Mustang district with the government offices. The Ecomuseum serves here with the

collections of Mountains. Marpha is the village of the Thakali peoples the local inhabitant and the apple garden and apple product is the most popular around the area.

#### Day 16

##### Trek to Ghasa

Trek to Ghasa 2010 m. Ghasa is small town near the Kaligandaki River and popular for the bird watching. The trail from Marpha to Ghasa taken as the deepest gorge in the world. Because the mountain Annapurna I 8091m. and Dhaulagiri 8168 m. high on both Sides of the River making deep valley.

#### Day 17

##### Trek to Tatopani

Ghasa to Tatopani 1190m. "Tatopani" literally means hot water in Nepali and there is the natural hot spring with the small bathing pool. You can enjoy the hot spring pool & relax after long walking.

#### Day 18

##### Trek to Ghorepani

Trek Tatopani to Ghorepani 2850 m. Tatopani to Ghorepani is all the way up. This will long way up but it will be easier anyway than the climbing above Manang.

#### Day 19

##### Trek down to Tikhedhunga

Climb up to Poon Hill 3210 m. early in the morning will take approximately an hour to view the sunrise and the Mountains including the Annapurna South 7219 m., Fishtail 6993 m., Himchuli 6441 m., Other Annapurna Ranges, Dhaulagiri 8168 m. and its range. This is the most popular viewpoint of the Annapurna Region. After the breakfast trek down to Tikhedhunga 1577m. The trail is in the jungle of the Rhododendron the national flower of Nepal. It is believed that there are the 9 different species of Rhododendron in this area.

#### Day 20

##### Trek town to Nayapul and drive to Pokhara

Trek to Nayapul for 3 hrs along the river Bhurundi. Birenthati small town in the confluence of the river Bhurundi and Modi from Annapurna Base Camp and then drive back to Pokhara through the curves road. Tour around the lake, rest and relax in the city after 18 days in the mountain.

## Day 21

Pokhara to Kathmandu by Tourist Coach or flight.

This day you will back to Kathmandu via any kind of transportation you will choose the option either by flight or Tourist Coach or Private Vehicle.

## Day 22

Final departure

We will see you off at hotel and transfer to Kathmandu International airport.