

Annapurna Circuit Trek

in the heart of the annapurna himalaya.



Day 01 Arrive Kathmandu, meet our staff and transfer to Hotel.

On arrival at Kathmandu Tribhuvan International Airport you will be received by our staff who will escort you to a hotel in the city centre, where one of our guides will give you a briefing on the hotel, Kathmandu, trekking and camping, and other related information that you might require while in Nepal.

Day 02 Half day guided sightseeing tour in Kathmandu. O/N Hotel.

After your first night in Kathmandu, you will have the opportunity to take a half-day guided sightseeing tour in Kathmandu.

Day 03 Drive to Bhulbhule

This morning we drive to Bhulbhule, which is some 185 km away and will take 7 hours to reach. We drive along the Trishuli and Marshyangdi, popular rafting rivers. Tonight we rest at Bhulbhule.

Day 04 Bhulbhule - Bahundanda - Sange

Today marks the beginning of our trek! We follow an easy trail along the Marsyangdi, before descending to Khudi. The mountains on both sides of the river are amazing, with tiny villages located on top of them.

We continue to Nagdi, where we stop for lunch, and then on to Bahundanda (1,310m). In Bahundanda you will find a few shops where you can buy groceries. After Bahundanda continue on to Sange, where we spend the night.

Day 05 Sange - Jagat - Tal

Leaving Sange early in the morning we trek to Jagat (1,250m). The path to Jagat is relatively easy, but thereafter begins to climb as we approach Chamche (1,430m). After Chamche the Marsyangdi river creates a small valley, in which the small village of Tal (1,675m) is located, our resting spot for the night.

Day 06 Tal - Dharapani - Chame

We walk from Tal to Dharapani (1,900m), through the village of Bagarchap, and on to La-Thamanang. Located 2,300m high, La-Thamanang is a small hamlet comprised of a few homes and a guesthouse. It is located close to a hot spring, which you can visit.

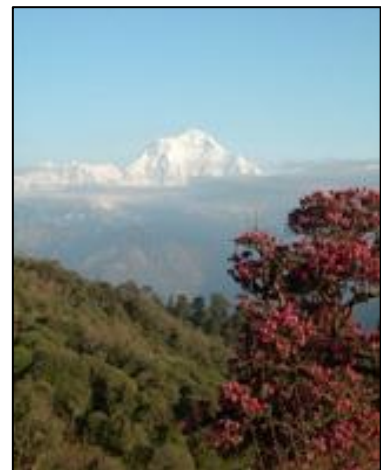
Having relaxed and taken lunch at La-Thamanang we continue to Chame, a large village where you will find shops and a bank.

Day 07 Chame - Bhratang - Pisang

Our walk today will take us through beautiful woodland. En route we'll stop at 'Paungda Danda', a cliff standing 1,500m above the river and the path, and offering stunning views.

Leaving the woods, we enter a large valley, taking us towards Pisang (3,190m). Built on a ridge, Pisang is divided into an upper and lower section, with approx. 100m separating them. The lower section contains several guesthouses.

The scenery in and around Pisang is beautiful. It is possible to spend an additional day here to acclimatise and take in the surroundings, though it is by no means essential.



Day 08 Pisang - Ghyaru – Manang

Leaving Pisang, we follow the trail up to a village called Ghyaru, and on towards the village of Nawal. The panoramic view from Ghyaru is spectacular! The day's trekking is long, and the climb to Ghyaru tough, but you will be rewarded with stunning views as you trek below the Annapurna peaks.

From Nawal it is a short descent to Manang (3,300m), where we rest overnight.

Day 09 Acclimatisation day in Manang.

Today is a set aside as a rest and acclimatisation day. There's a western clinic in Manang. They give a daily briefing about mountain sickness, which you are welcome to attend.

Manang itself is beautiful, surrounded by towering mountain peaks, and situated close to a lake (frozen in winter). There are a number of walking trails which you can explore.

Day 10 Manang - Yak-Kharaka - Thorung Phedi

From Manang we follow the upper Marsyangdi river to its origins, where the rivers Khangsar and Jhargeng join, forming the Marsyangdi. We eventually reach Yak Kharka (4,000m), a small hamlet.



Note that at this height you will likely begin to feel the low density of the air. Every step, you will notice, requires more effort, and you likely need to rest more often while walking. It is best to take it slow, and to drink a lot, even when you are not thirsty.

From Yak Kharka the trail becomes steeper as we journey to Churi-lattar (4,250m), and then on to Thorung Phedi (4,500m).

There are several guesthouses in Thorung Phedi, with good rooms to sleep in. You will be able to eat well tonight, in preparation for the most thrilling day of the trek, crossing the Thorung-La pass.

Day 11 Thorung Phedi - Thorung La Pass - Muktinath

This is the toughest day of the trek. We will wake early, and start walking at about 4 or 5 a.m. You will need to take lots of water, and your warmest clothes.

The climb from Thorung Phedi to the pass is about 900 meters - from 4500m to 5416m. In the spring and the summer the trail should be relatively clear, but during the colder months it is likely to be snowed over and difficult to navigate.

Upon reaching the pass, the highest point you'll reach on this trek, you'll be rewarded with stunning views. The other side of the pass provides a stark contrast – the landscape changes dramatically from snowy mountains to dry yellow-brown cliffs, land that looks almost like desert.

The descent is tough, taking us down 1,600m, and needs to be done slowly. It is likely to be evening by the time we reach Muktinath (3,800m).

A popular pilgrimage spot for both Hindus and Buddhists, Muktinath is an attractive town, where you'll be able to enjoy good food and a comfortable night's sleep.



Day 12 Muktinath - Jomsom



The landscape will become notably more dry and barren as we follow the descent trail from Muktinath to Jomsom. En route we will pass ancient caves, where you'll be able to see impressive geological forms. We also pass through Kagbeni, a pretty village of stone houses and narrow alleys, where it is worth spending a short while exploring.

Jomsom (2,700m) is a large village, with a small airport connecting it to Pokhara. There are some helpful facilities in this village - banks, a local clinic, and lots of shops and guest houses. Don't miss the German Bakery, located in the North of the village - they have sandwiches, cakes, drinks and all kinds of chocolates.

Day 13 Fly to Kathmandu (1,350m)

The scenic morning flight back to Pokhara gives us one last chance to say farewell to the mountains. At Pokhara we board a connecting flight to Kathmandu.

We will have the afternoon to explore, go shopping, and visit the palaces and markets. A favourite destination for many is the Monkey Temple, a Buddhist temple situated on a small hill that offers panoramic views of the city. Or perhaps join the thousands of Hindus who venture to the Pashupatinath temple, one of the most famous Hindu temples in Nepal; you can also visit the most famous Shiva temple in Asia.

Day 14 International flight home.

Transfer to Kathmandu Tribhuvan International Airport for your return flight home