



## **Annapurna Circuit Trek 17D/16N**

### **Pre Trek: Travel to Kathmandu (1,300m):**

At 5:00 pm, a rickshaw will pick you up from your hotel and bring you to the trekking offices for a safety briefing on the nature of the trek, equipment and team composition. You will meet your trek leader and other team members. You can also make your last minute purchases of personal items as you will be flying to the Himalayas tomorrow.

At 6:00 pm, we will make our way to a welcome dinner and cultural show where you will learn about Nepali culture, music and dance and get to know your trekking team.

Overnight in Kathmandu (self selected)

Included meals: Dinner

### **Day 01: Drive Kathmandu to Besishar trek to Nadi (1000m/3408 ft):**

#### **6 hour drive, plus 2 to 3 hour trek**

You begin your journey at dawn as we have a 6 hour drive to arrive at our trek starting point at Beshi sahar Bhulbule Besishahar. While enroute we see the beautiful countryside Nepal has to offer – rivers, villages, farms and spectacular mountain scenery. The road to Besishahar is coal-tarred road, whereas after Besishahar the road is dusty and rough, though we can easily overlook this as we watch the outstanding scenery go by.

Overnight in Nadi. (included)

Included meals: None



### **Day 02: Nadi To Jagat (1100m 3508 ft):**

## **5 Hour trek:**

After Breakfast you start trek. Today you view the Marsangdi river water falls, pass small villages and beautiful terraced farmland and cross a hair tingling suspension bridge.

You get to view of Manasalu and many other mountain peaks during your trek

Overnight in Jagat. (included)

Included meals: Breakfast

## **Day 03: Trek Syange or Jagat to Dharapani [1,960m/6,430ft]:**

### **7 to 8 hour trek**

After breakfast you begin our trek. You enter the Manang district after crossing a large bridge near Tal. Our upcoming trail continuously traverses through barley, rice and potato fields to the village of Kodo and Dharapani. Dharapani is one of the large villages in the Manang valley.

Overnight in Dharapani. (included)

Included meals: Breakfast

## **Day 04: Dharapani to Chame [2,710m/8,891ft]:**

### **5 to 6 hour trek**

Today you trek on steep forest ridges. Don't forget to look up though as we will be treated to some of the most sensational views of Lamjung Himal, Annapurna II, and Annapurna IV (7,525m/24,688ft).

Small hot springs add relief to our long day of hard trekking.

Overnight in Chame. (included)

Included meals: Breakfast



## **Day 05: Chame to Pisang [3,300m/10824ft]:**

## 5 to 6 hour trek

A steep and narrow path through a very dense forest will bring us to a dramatic curved rock face, rising 1500m from the river. As the trail opens up we welcome the surrounding views of the majestic Himalayan Peaks. We find ourselves in the U-shaped valley of Manang between two giant snow peaks. After walking through these wonderful sites our day concludes at Pisang.

Overnight in Lower Pisang. (included)

Included meals: Breakfast

## Day 06: Upper Pisang to Manang [3,500m/11,482ft]:

### 6 to 7 hour trek

Today you will have the choice of two routes. If you take the upper route (highly recommended), through Upper Pisang via Geru, you will be treated to outstanding Himalayan sceneries. The panoramic views of the mountain peaks, such as Annapurna, Pisang peak, and several others will definitely tempt us. We experience our first contrast with the landscape and vegetation today, the cold and dry climate creates a much harsher, barren environment. Our short visit to Barge monastery, the largest in the entire district of Manang will be memorable.

Overnight in Manang. (included)

Included meals: Breakfast

## Day 07: Manang: Rest Day

Today is our scheduled acclimatization day. It is not recommended to stay still so a short walk to higher altitude is suggested to help get acclimatized with the altitude. The next two days will be very challenging and tiring, with a significant gain in altitude. We should always be cautious.

Bhojo Gompa or Gangapurna Lake are sights worth visiting for acclimatization and offer beautiful views. We have an easy excursion to a village called Vraga, where we will see the village's monastery. At this site, we also visit at the Himalayan Rescue Association where we receive important information about Mountain Sickness.

Overnight in Manang. (included)

Included meals: Breakfast



## **Day 08 : Manang to Yak Kharka [4,110m/13,484ft]:**

### **3 to 4 hour trek**

From Manang village, the trail crosses a stream, climbs to the village of Tenki above Manang and then continues to climb out of the Marshyangdi Valley turning northwest along the valley of Jarsang Khola. The trail continues northward, through pastures and a scrub of juniper trees as it steadily gains elevation. The trail passes near the small village of Ghunsa, a cluster of flat mud roofs just below the trailhead and passes through meadows where horses and yaks graze. After crossing a small river on a wooden bridge, the trail passes the ancient Mani wall in a pleasant meadow and then reaches another small village of Yak Kharka.

Overnight in Yak Karka. (included)

Included meals: Breakfast

## **Day 09: Yak Kharka to Thorong Phedi [4,600m/15,092ft]:**

### **3 to 4 hours trek**

Today we make our way to the foot of the pass, Thorong Phedi. Thorong Phedi is a small busy settlement catering to the needs of tired trekkers and climbers. Trekkers use this point as a Base Camp. Some visitors also attempt a hike to the High Camp today to assist in acclimatization and help make the next day easier. Although we will have a tough day tomorrow, we stop at Thorong Phedi so that we have the best chance of a good night sleep rather than a risky sleep at the higher altitude of High Camp.

Overnight in Thorong Phedi. (included)

Included meals: Breakfast



## **Day 10: Thorong Phedi to Thorong La (5,416m/17,764ft) to Muktinath [3,800/12,467ft]:**

### **7 to 8 hour trek**

We reach the climax of our Annapurna circuit trek today. It will be an unforgettable experience of a lifetime – crossing the famous high pass, Thorong La (5416m/17764ft). An early start is important to complete the task ahead and ensure the best of the day's weather. Each moment we have to work hard through the icy high-altitude trail but the outstanding high Himalayan scenes are so mesmerizing, that our eyes watch more over the horizon than on our trail. Once we have reached the top of Thorong La we are rewarded with panoramic Himalayan views. From here we begin the slow decent to Muktinath.

Muktinath is an important pilgrimage site for both Hindus and Buddhists, the area hosts a Vishnu temple and a Monastery nearby. Muktinath itself demonstrates the harmony of religions throughout Nepal.

Overnight in Muktinath. (included)

Included meals: Breakfast

## **Day 11: Muktinath to Tatopani [3,135 m. 10,287ft]**

### **4 hour trek**

Today, as there are vehicles available (bus or jeep), we take advantage of it to drive along a plateau above the Kali Gandaki – the world's deepest gorge. The barren landscape of this area resembles the Tibetan Plateau. We have to adjust ourselves in a public vehicle on a sharing basis. Along this route the road can be rough and dusty and at some point we'll have to change vehicles.

On arrival at Tatopani, we relax our weary muscles with a dip in some of the hot spring pools.

Overnight in Tatopani. (included)

Included meals: Breakfast

## **Day 12: Drive from Tatopani Pokhara**

Make your way from Tatopani to Pokhara via bus

This afternoon you are free to explore the beautiful city of Pokhara at your leisure.

Overnight in Pokhara (self selected)

Included meals: Breakfast

## **Post Trek: Travel to Kathmandu:**

### **6 – 9 hour drive or 25 minute flight**

Make your own way back to Kathmandu, via drive or flight. Depending on your chosen option you will either:

1. Take the Bus - The day starts with a 7:30 am (07:30) morning bus ride from Kathmandu to Pokhara. Again busses leave at 7:30 am sharp so don't be late, they will not wait for you.
2. Private Transfer – Start the day at your own pace and meet your driver at the time agreed at the opening night dinner (usually 9 am (09:00) for a day drive back to Kathmandu
3. Flight – Make your way to Pokhara Airport for your flight to Kathmandu.

In each case upon arrival make your way to your hotel and check in.

You are free to explore the city or relax at one of the many nearby restaurant or bars

Overnight in Kathmandu (self selected)

Included meals: None

## **Final Departure**

When your journey in Nepal comes to an end please ensure you depart for the airport approximately 3 hours before your scheduled flight to leave enough time to check in and clear customs.

On our way to home, we have plenty of time to plan our next adventure in the wonderful country of Nepal.

