

Annapurna Circuit Trek



This circuit was once considered one of the best treks in the world. Though road construction is threatening and its reputation and its future as a classic trek. Yet no one disputes that the scenery is outstanding: 17 to 21 days long, this trek takes you through distinct scenery of rivers, flora, fauna and above all - mountains. The trek goes counter-clockwise and reaches its summit in Thorung La (pass) at the height of 5416m, or 17,769 feet. The route goes past the following mountains: Manaslu (an 8,000- plus meter peak), Langtang Himal, Annapurna II and IV, Annapurna III and Gangapurna, and, of course, Annapurna I and Dhaulagiri -- passing through the world's deepest gorge in between those two 8,000-plus meter peaks. Poon Hill, at the end of the trek, affords views of those two mountains, as well as South Annapurna and Macchupucchre, the "Fishtail Mountain." The trek also goes through Buddhist villages and Hindu holy sites, most notably the village of Muktinath, a holy site for both Buddhists and Hindus. The eastern portion of the trek follows the Marsyangdi River upstream, to its source near the village of Manang. To get there several days of up-hill hiking are required. Then the route goes over the pass, a grueling day of hiking, and back down the other side, where it meets up with the Kali Gandaki River. The trek follows this river downstream. At the end of the trek, several options are available: following the river further to the road proper and catching a bus to Pokhara where one hikes up to Ghorepani and Poon Hill, or adding on a trek to the Annapurna Base Camp, known as the Annapurna Sanctuary Trek. This is a "teahouse trek," meaning there are villages with lodges and restaurants to eat and stay in along the entire route. You are expected to eat in the same lodge

where you are spending the night. Prices of rooms are seemingly inexpensive because of this -- lodge owners tend to make more money on the food and drinks they are selling you than on the room where you are sleeping.

Outline Itinerary

Day 01 : Arrive at Kathmandu & transfer to hotel

Day 02 : Pre-trip Meeting and Sightseeing around Kathmandu valley.

Day 03 : Drive to Besisahar (830meters) by bus. 7 hours.

Day 04 : Trek Besisahar to Bahundanda (1310 meters) 5 hours.

Day 05 : Trek to Chamje (1400meters). 5 hours.

Day 06 : Trek to Bagarchhap (2160meters). 5 hours.

Day 07 : Trek to Chame (2630meters). 5 hours.

Day 08 : Trek to Pisang (3300 meters) 5 hours.

Day 09 : Trek to Manang (3540 meters). 5 hours.

Day 10 : Acclimatization day at Manang village.

Day 11 : Trek to Yak Kharka (4000 meters) 5 hours.

Day 12 : Trek to Thorong Phedi (4450 meters) 5 hours.

Day 13 : Trek to Muktinath (3800 meters) via Thorung La pass (5416 meters) 8 hours.

Day 14 : Trek to Marpha (2670 meters) via Jomsom (2710 meters). 6 hours.

Day 15 : Trek to Ghasa (2010 meters) 6 hours.

Day 16 : Trek to Tatopani (1190 meters). 5 hours.

Day 17 : Rest and relaxing day at Tatopani.

Day 18 : Trek to Ghorepani (2810 meters) 6 hours.

Day 19 : Early in the morning hiking up to Poon Hill (3210meters) and trek to Tikhedunga (1570meters) 5 hours.

Day 20 : Trek down to Nayapul (1010 meters) and an hour drive to Pokhara.

Day 21 : Pokhara City tour.

Day 22 : Drive back to Kathmandu (1345meters).

Day 23 : Transfer to airport for your final departure.