



ANNAPURNA CIRCUIT TREK – 17 DAYS

Overview:

This is a classic trek and one of the best trekking trails in the world. The Annapurna Circuit Trek starts from a drive to Beshisahar and up through lush green forests and spectacular scenery. Every ridge unfolds panoramic views of the Himalayas with Annapurna and Himalchuli soaring above. While on the trek you will meet different ethnic groups as you pass through different traditional villages and diverse geographical and cultural variation, the highlight of the trek is the Thorongla Pass at 5416m; it is the biggest pass in the world and is surrounded by some of the most magnificent views.

Trip facts:

Destination: Nepal
Theme: Adventure
Activity: Tour + Trek
Difficulty: Strenuous
Max Altitude: 5,416 m/ 17,764 ft
Best Season: March-May /September –December

Highlights:

- Take in the astonishing views of the landscape of the hills, snow-capped mountains, valleys, canyons and rivers.
- Trek past terrains with an abundance of flora, birds, magnificent oak and rhododendron forests.
- At Manang Tengri Gurung settlement the route passes through the rose forests and few meadows where you witness yak and horses grazing.



Itinerary at glance:

Day	Program	Accommodation
1	Arrive in Kathmandu	Hotel
2	In Kathmandu	Hotel
3	Drive to Beshishar and trek to Khudi (790 m/ 2,591 ft)	Simple Lodge
4	Trek to Syange (1,190 m/ 3,903 ft)	Simple Lodge
5	Trek to Tal (1,675 m/ 5,494 ft)	Simple Lodge
6	Trek to Bagarchap (2,160 m/ 7,085 ft)	Simple Lodge
7	Trek to Chame (2,650 m/ 8,692 ft)	Simple Lodge
8	Trek to Pisang (3,250 m/ 10,660 ft)	Simple Lodge
9	Trek to Manang (3,520 m/ 11,546 ft)	Simple Lodge
10	Manang - Acclimatize	Simple Lodge
11	Trek to Churi Leder (4,250 m/ 13,940 ft)	Simple Lodge
12	Thorong-Phedi (4,500 m/ 14,760 ft)	Simple Lodge
13	Trek to Muktinath (5,416 m/ 17,764 ft) via Thorong La pass	Simple Lodge
14	Trek to Jomsom (2,800 m/ 9,186 ft)	Simple Lodge
15	Fly to Pokhara	Hotel
16	Fly to Kathmandu	Hotel
17	Final Departure	

Detailed Itinerary:

Day 1: Arrive in Kathmandu

Upon arrival at the Kathmandu International Airport, you will be met by our representative outside the customs and immigration area for transfer to your hotel.

Overnight at Hotel [-/-/-]



Day 2: In Kathmandu

Visit Swayambhunath Stupa and Kathmandu City. Later make necessary arrangements for the trek.

Swayambhunath Stupa: Located approximately 4 km/2.5 miles, this Buddhist Stupa is said to be 2000 years old. The Stupa, which forms the main structure, is composed of a solid hemisphere of brick and earth supporting a lofty conical spire capped by a pinnacle of copper gilt.

Kathmandu City: Here you will visit the temple of the Living Goddess, who acknowledges the greetings of the devotees from the balcony of her temple residence. Durbar Square, with its array of temples overlooked by the Hanuman Dhoka Palace, is the ancient residence of the Nepalese Royalty.

Overnight at Hotel [B/-/-]

Day 3: Drive to Beshishar and trek to Khudi

Drive Duration: 6 hours approx.

Trek Time: 2 hours approx.

Altitude: 790 m/ 2,591 ft.

Early morning begin the drive to Beshishar and start trekking. The first part of the trail passes through a flat level along the bank of the Marshyangdi River. You can enjoy the sceneries and the local culture of Gurung community. Here you walk through the rice terrace fields with amazing views of various mountains.

Overnight at Simple lodge [B/L/D]

Day 4: Trek to Syange

Trek Time: 6 hours approx.



Altitude: 1,190 m/ 3,903 ft

A steep trail ascends from Ngadi, through rice terraces, before crossing a stream at the bottom of a small waterfall. It then climbs again and traverses the hillside high above the river before reaching the village of LiliGaon. Ahead, the Marsyangdi valley forms a steep V-shape, and you follow the winding mountain path down till Syange.

Overnight at Simple lodge [B/L/D]

Day 5: Trek to Tal

Trek Time: 6 hours approx.

Altitude: 1,675 m/ 5,494 ft

You descend to the stone village of Jagat, situated on a shelf, which extends into the precipitous Marsyangdi valley. The trail from Jagat descends until it almost reaches the river and then begins to climb again through a forest. When the climb ends, you follow a level track to Chamje, which is marked by a magnificent waterfall on the opposite bank.

You descend to a grassy riverbank, which leads to Tal with its hotels and teahouses. Here you can enjoy the exhilarating water fall.

Overnight at Simple lodge [B/L/D]

Day 6: Trek to Bagarchap

Trek Time: 6.5 hours approx.

Altitude: 2,160 m/ 7,085 ft

Beyond Tal, the valley narrows and the path becomes high and winding. Beyond the small village of Karte, there is a bit more cliff-walking before the path drops again to the river. You cross a suspension bridge, and climb the short distance marking the entrance to Dharapani. As you cut through a narrow field from the village, the



DudhKhola, which originates from the south face of Manaslu, enters on the opposite bank. The Marsyangdi then veers to the left, and as Annapurna II becomes visible ahead, you arrive at Bagarchhap, a Tibetan village with prayer flags fluttering in the breeze.

Overnight at Simple lodge [B/L/D]

Day 7: Trek to Chame

Trek Time: 6.5 hours approx.

Altitude: 2,650 m/ 8,692ft

Continuing along the left bank you'll climb up the heavily wooded Manang Valley passing by the small settlements with excellent views of Manaslu and the peaks above Larky La. We pass through administrative headquarters of the region and the last major market before Jomsom. Chame also has a police check post and bank.

Overnight at Simple lodge [B/L/D]

Day 8: Trek to Pisang

Trek Time: 5 hours approx.

Altitude: 3,250 m/ 10,660ft

With LamjungHimal (6893m) sparkling in the morning sun, you set off for Pisang. You continue through a fir and pine forest, climbing to a high, rocky area as the opposite bank becomes an impassable cliff. From this point, the valley becomes extremely steep-sided as you follow the path to Bratang. A short climb from the village brings you to a rock-strewn area where you cross a wooden bridge and follow a high, winding path, before crossing back to the right bank again. You now walk through a pine forest and as the forest ends, the valley changes from a V-shape to a gentle U-shape, opening up a wonderful vista before us. You can see the east peak of Annapurna as well as



Pisang Peak to the north-east. Continuing on, you come to a long Mani wall by a bridge and the lower village of Pisang.

Overnight at Simple lodge [B/L/D]

Day 9: Trek to Manang

Trek Time: 5 hours approx.

Altitude: 3,520 m/ 11,546 ft

Beyond Pisang, the trail climbs a steep ridge, which affords good views of the Manang valley and Tilicho peak. Descending past Manang's airstrip at Hongde, you come to a level area from where the north-east face of Annapurna rises majestically above you. Cultivated fields appear on both sides of the path and off to the right, below a craggy mountain, you can see the village of Bryaga with its splendid monastery. After a short steep climb you reach Manang which is a surprisingly large village for this remote mountain region. You camp here for the night, amidst the fluttering prayer flags which adorn the houses.

Overnight at Simple lodge [B/L/D]

Day 10: Manang-Acclimatize

Altitude: 3,520 m/ 11,546 ft

You are in the dry arid region of Manang called Nyesyang. Since this area falls in the rain shadow area of the Himalaya it seldom rains in the summer months, though it snows in the winter and the snow remains on the ground for a long time. You will pass through the village of Hongde where there is a STOL airfield servicing the Manang district. Cross the river just past the Manang Mountaineering School and you walk along a fairly broad trail to the fields near the village.

Overnight at Simple lodge [B/L/D]



Day 11: Trek to Churi Leder

Trek Time: 4 hours approx.

Altitude: 4,250 m/ 13,940ft

Climb up to Leder via Manang Tengigurung settlement. The route passes through the rose forests and few meadows where yak and horses graze. We continue our walk to Leder through Yak Kharka also known as Koche where you can see the large herd of yaks graze in the fields nearby.

Overnight at Simple lodge [B/L/D]

Day 12: Trek to Thorong-Phedi

Trek Time: 3 hours approx.

Altitude: 4,500 m/ 14,760 ft

We continue through pastures which eventually give way to high arid desert up to the camp at Phedi, at the base of Thorong La.

Overnight at Simple lodge [B/L/D]

Day 13: Trek to Muktinath via Thorong La pass

Trek Time: 8-9 hours approx.

Altitude: 5,416 m/ 17,764 ft

Leaving the river valley, you set out early in the morning, provided the weather is good and it is not snowing. From Phedi ascend to a notch and turning left head for the Thorong La. The pass itself is marked by a milestone of rocks (this may not be visible if there is snow). Beyond the pass you enter the river valley of the Kali Gandaki River. The descent from the pass to Muktinath (3800m) is steep but not difficult.

Overnight at Simple lodge [B/L/D]



Day 14: Trek to Jomsom

Trek Time: 5 hours approx.

Altitude: 2,800 m/ 9,186 ft

Trek down along a level but rocky trail through juniper woods to Jomsom via Jharkot and Kagbeni, which are inhabited by the people of Tibetan origin.

Overnight at Simple lodge [B/L/D]

Day 15: Fly to Pokhara

Flight Duration: 30 minutes approx.

Early morning fly Jomsom to Pokhara. Rest of the day will be at leisure.

Overnight at Hotel [B/-/-]

Day 16: Fly to Kathmandu

Flight Duration: 25 minutes approx.

After breakfast, transfer to the airport for your flight back to Kathmandu. Rest of the day can be spent at leisure.

Overnight at the Hotel [B/-/-]

Day 17: Final Departure

After breakfast transfer to the airport for your onward journey. [B]



Trip Ends

Note: All information in this itinerary is accurate to the best of our knowledge but please note that changes to our trips can and do occur. This may be due to our effort to improve our program or logistical reasons such as changes in flight schedules, traffic conditions, weather conditions, or government policies. Dharma Adventures will make every effort to keep you informed of any changes but cannot be held liable for any alterations made to the published itinerary.

[B= Breakfast, L= Lunch, D= Dinner]

Trip Includes:

- Arrival and departure transfers by private vehicle as mentioned in the itinerary.
- 1 half day sightseeing in Kathmandu with English speaking local guide in private vehicle.
- 4 nights' hotel accommodation in Kathmandu on twin sharing bed and breakfast plan.
- 12 nights/13 days' tea house/lodge-based trek on full board plan with necessary supporting staffs (1 porter and 1 Sherpa/Sirdar).
- Surface transfer for the sector Kathmandu to Besisahar by private vehicle.
- Annapurna Conservation Fees and TIMS card.
- Entrance fees at the monuments as per the program.

Trip Extras:

- Nepal entry visa fee.
- Airfare Jomsom - Pokhara - Kathmandu (Will be quoted separately).
- Refreshments, tips, bottled drinks and bar bills.
- Insurance and rescue of any form.
- Cost arising out of flight cancellation/road blockades/landslides and reasons beyond our control.
- Expenses of personal nature and any other expenses.
- Gratuities, tipping to guides and drivers.
- Any meals and services not mentioned in the itinerary.