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Annapurna Circuit trek

The Annapurna circuit trekking is one of the most popular trekking routes in the Annapurna trekking region. It is also known as the Round Annapurna Trek. It covers the various natural and artistic views of the Annapurna area. The trek takes you through spectacular deep gorges, high mountain passes, relaxing hot springs, Buddhist and Hindu temples, charming farming villages, and a different view of Mount Annapurna and many other mountains at every turn. Main highlights of the trek are as below

- ❖ View of the highest mountains in the world: Dhaulagiri I, Manaslu and Annapurna I
- ❖ Trekking through the deepest gorge in the world and the Kaligandaki valley
- ❖ Cross the Thorong La Pass at 5,416 meters, one of the highest passes in the world
- ❖ Meet people in the mountains in the heart of the Annapurna Himalayas
- ❖ Visit The Muktinath Hindu pilgrimage site
- ❖ Natural hot springs Bath in Tatopani
- ❖ Guided tours in Kathmandu and Pokhara
- ❖ superb sunrise and mountain views from Poon Hill

Annapurna Circuit Trekking, also known as Round Annapurna Trekking, is one of the most famous classic adventure routes, the most varied and impressive trekking route with the tea house in the Annapurna Himalayas. The Annapurna trekking route in Nepal varies from medium to demanding. Experience the fascinating ethnic groups that have their language and tradition, as well as an

incredible view of the Annapurna and Dhaulagiri Mountains - 8000-meter peaks in Nepal. You can also explore and enjoy the natural variety of lush forests, moss-laden rhododendron forests, tropical rice fields, and Tibetan fortresses that hang on rocky cliffs. Walking through the naturally rich terrain of different topography allows hikers to experience the rich cultural diversity of Hinduism, Buddhism, and the mysterious Bon Po religion, which still coexists and mixes in the same place.

Annapurna Circuit Trekking starts in Chamje after driving from Kathmandu through picturesque settlements and lush rhododendrons. You will also pass sacred caves and monasteries at higher altitudes. On our Annapurna trekking route, we celebrate the fabulous mountain panorama of the entire Annapurna and Dhaulagiri along the way. Our gradual ascent through the beautiful topography of the country leads us to Thorangla Pass (5,416 meters), one of the highest passes in the world, the highest point of Annapurna Circuit Trekking. The absolute thrill of the adventure of crossing The Thonagla Pass will be Amazing to cross Thorangla pass. You will enter the Mustang region and arrive at Muktinath. It is a famous Hindu pilgrimage site in the Annapurna region. God Vishnu is worshipped here. The temple is not only known for its Hindu pilgrimage, but it is also a viewpoint to see a spectacular mountain panorama. 108 migraines and a flame that never goes out hypnotize you here in Muktinath. Then enjoy the Poon Hill hike with Ghorepani. We climb Poonhill early in the morning. We experience a breathtaking sunrise. The mountain peaks include the Annapurna massif, Dhaulagiri, Machhapuchhre, Gangapurna, Himchuli and Manaslu and Ganesh Himal. We passed Tadapani and Ghandruk and arrived in Nayapool. We take a short drive and finally end your trip to Pokhara.

Itinerary

Day 01: Arrive at Kathmandu International Airport and briefing on your trip.

Upon arrival in Kathmandu, a representative of our company will pick you up and take you to your hotel. In the afternoon you can relax. In the evening, we organize a pre-trip meeting in your hotel in Kathmandu and present your tour and trekking guide. It includes a final briefing and preparations for the trip. After the meeting, you can walk around in Thamel. Night stay at best three-star hotel in Thamel.

Day 02: A full day guided sightseeing tour around the Kathmandu Valley.

Have Breakfast at the hotel and start sightseeing in the Kathmandu Valley. Our private vehicle will pick you up at your hotel and take you to 5 of the UNESCO World Heritage Sites. Apart from that, you will visit many places of historical and cultural importance. Starting from Swayambhunath Stupa, explore Patan Durbar Square, Boudhanath Stupa, Pashupatinath Temple and Kathmandu Durbar Square. Our professional guides will take you the entire place. After sightseeing, you can walk the streets of Thamel and go shopping for your trip. Night stay at a deluxe three-star hotel in Thamel area

Day 3: Drive to Jagat (1290 m) - 10 hours drive.

We leave Kathmandu in the early morning with a private bus. It's a scenic drive with several beautiful gorges and occasional mountain peak views. In Dumre, we left the Pokhara highway and drove north along the Marsyangdi River to Besisahar. We drive past this city and pass a new hydropower plant that is being built in Bhulbule until we reach Ngadi. In this place, we will change our bus and take local jeeps and then continue the journey to Jagat. You will spend the night in the tea house.

Day 4: Trek from Jagat to Dharapani (1,940 m) - 7 hours on foot.

Shortly after leaving Jagat, you'll have a look at the impressive 200-meter Chamje waterfall before falling into the river and returning to the quieter east side of the Valley. On the west side of the Valley, there is a new dirt road that now meets the Annapurna Circuit. We avoid this by enjoying wildlife, flora, terraces and small farms, and sometimes a great path with giant stone steps that lead up and down the foothills of the Valley.

The path leads through huge boulders that have fallen from the mountains above. There is a steep but spectacular climb on the right way to the beautiful and colorful town of Tal, which is located in a wide, flat valley. After about four hours of walking, we will have lunch. After lunch in Valley, there is a dramatic section of the path along a cliff at Marsyangdi. Landslides on the east bank make the trail impassable, and we have to cross the river to the west bank, where we join the

dirt road for a short section in Dharapani. There is a good selection of shops and a phone line in town. After about three hours of walking in the afternoon, we reached Dharapani at 1,940 m. for a night stay.

Day 05: Trek from Dharapani to Chame: Walking Distance 5 to 6 hours

After Breakfast, your trip begins, and you hike through some forested ridges on your way to Chame, the headquarters of the Manang district. During the hike, you can enjoy fantastic views of the Himalayas, including Lamjung Himal, Annapurna II, and Annapurna IV. Overnight in Chame.

Day 06: Trek from Chame to Pisang: walking distance 5 to 6 hours

A steep and narrow path through very dense forest leads you to the spectacular curved rock wall that rises 1500 m from the river. It is probably the steepest part of the Marshyangdi Valley, so steep that the path is hewn out of the vertical rock. After you have passed this last piece of stone, the Valley opens up with majestic views. And right where the Valley is

The Paungda Danda, a massive sloping rock face that rises more than 1500 m above the path, expands. Walk for a while before reaching Lower Pisang, where you'll spend the night.

Day 07: Trek from Pisang to Manang: walking distance 6 to 7 hours

There are two routes to Manang, but you follow the path that leads you through Geru to Upper Pisang. This path guarantees a great view of the beautiful landscape and the mighty mountains like Annapurna and Pisang. You notice a contrast in the scene and the vegetation. Cold, dry weather also creates a much harsher environment. Your visit to Barge Monastery, which is the largest monastery in the entire Manang area, will be a memorable lifetime. You will spend your night in Manang.

Day 08: Acclimatization day in Manang

To stay fit on the following trails, you will take a short hike to Bhojo Gumba or Lake Gangapurna. If you have the energy, you can even go to Vraga village, where

you can visit the Himalayan Rescue Association, which gives you an idea of acute mountain sickness (AMS).

Day 09: Trek from Manang to Yak Kharka: 3-4 hours hike

From the village of Manang, the path crosses a stream, rises to a Tenki community, and leads northwest out of the Marshyangdi valley through the Jarsang-Khola valley. The trail follows this Valley north, past some grasses and a thicket of juniper bushes as it grows higher. The path leads closer to the small town of Ghunsa, a group of flat mud roofs just below the starting point. The road now crosses meadows where horses and yaks graze. After crossing a small river on a wooden bridge, the trail leads in a beautiful landscape beyond an ancient mani wall and then reaches another small town in Yak Kharka. You'll spend the night in Yak Karka.

Day 10: Hike from Yak Kharka to Thorong Phedi: 3-4 hours hike

Today's walk goes uphill to Thorang Phedi. After a while, cross a suspension bridge and reach the village of Ledar. It also rises and goes through towering cliffs before reaching Thorang Phedi, the last community before Thorong La Pass. On this trip, you will be rewarded with one of the best views of the mountain, such as Gundang, Mt. Syagang, Thorung Peak, and Mt. Khatungkan. The word Phedi in Nepali is known as the foot of a hill.

Day 11: Trek from Thorong Phedi to Muktinath via the Thorong La Pass

Crossing the Thorong La Pass, one of the highest passes in the world, will be your ultimate goal. You will cross from east to west, the easiest and safest direction. Get up very early morning around three am and start walking to the mountain. When you finally get to the top, you find that your trip has worth. You can take some photos before heading into the Muktinath Valley at the foot of the Thorong La Pass. Night stay in Muktinath.

Day 12: Trek from Muktinath to Marpha: hike from 4 to 5 hours

Muktinath is a famous pilgrimage for Hindus and Buddhists. In the morning, visit a Vishnu temple and a gumpa. When you climb the steep and barren hill from

Ranipauwa village, you fall towards Kagbeni and then towards Jomsom and finally reach Marpha. The trail is pretty surreal, like walking along a plateau over the Kali Gandaki River, the deepest gorge in the world. The arid landscape of this area resembles Tibet. Marpha is also known as the apple capital of Nepal, where you can enjoy various apple products. Marpha's local apple brandy is known throughout Nepal. We will spend the night in Marpha.

Day 13: Trek from Marpha to Kalopani: Walking Distance 5 to 6-hour hike

From Marpha, take a new route to Kalopani through the village of Chokhopani. You will meet the traditional villages of the Thakali ethnic group. You can also see the beautiful apple orchards. From here, you have a panoramic view of the mountains Dhaulagiri, Tukucho, Nilgiri, Fang, and Annapurna I. From Chokhopani, you continue towards Kokhethanti. You cross a river and come across the newly built highway before reaching Kalopani. We will spend the night in Kalopani.

Day 14: Trek from Kalopani to Tatopani: walking distance from 6 to 7 hours

Your walk begins after Breakfast; your journey is mostly downhill. During the first part of the hike, cross the bridge in Ghasa. When it drops to lower levels, it reappears in subtropical forests that are lush with vegetation. Our path continues along the Rupse Chahara (waterfall). Continue on the east bank from Kopchepani via Garpar to a bridge in Dana. Visit a power station in Narchyang Besi that provides electricity in the area. There are major cities in this area where you can see the daily life of the local people. Relax when you arrive in Tatopani and bathe in the hot springs.

Day 15: Trek from Tatopani to Ghorepani: walking distance 7 to 8 hours on foot

Leave the Kali Gandaki and go to the Ghar Khola valley. The road leads through a terraced farmland with mountains view through the villages of Shikha and Chitre before getting a beautiful rhododendron forest. When they bloom, rhododendron trees with an average height of up to 30 cm will be covered with pink or red flowers. Keep going to reach Ghorepani, a beautiful village on a ridge.

Day 16: Trek from Ghorepani to Tadapani through Poon Hill: walking distance 6 to 7 hours

To view the sunrise over the Himalayas, take an early morning hike up the steep path to Poon Hill Lookout (3,210m), the most popular short trekking destination in the Annapurna region. It's also a high viewpoint to enjoy extraordinary views of Mustang, Pokhara, and many other highest mountains, including close-ups of the Annapurna and Dhaulagiri ranges. The snow-capped peaks of the high mountains rise above and around it and glow in the morning light. After taking photos, return to Ghorepani. After Breakfast, head east and up a nearby ridge. Descend all the way through the rhododendron forests, past amazing waterfalls, and reach in Tadapani for the night stay.

Day 17: Trek from Tadapani to Ghandruk: walking distance 3-4 hours on foot

Your walk begins after Breakfast. It is easy to walk gently through rhododendrons, oaks, and other types of dense forests. You will hear different kinds of birds singing along the way. It is one of the most popular destinations for bird lovers. Ghandruk is a beautiful Gurung village, craft and a museum. From this place, you can see the views of Annapurna South, Gangapurna, Hiunchuli, Annapurna III, and Fishtail. Night stay in the standard guest house.

Day 18: Trekking from Ghandruk to Nayapul and drive to Pokhara

After Breakfast, start your trek, it is an easy hike where you gently descend halfway through the rice field and surrounding villages to the Syauli Bazaar and hike a flat section until Nayapul and drive from Nayapul to Pokhara. Overnight at hotel in Pokhara.

Day 19: A full day guided sightseeing tour through the Pokhara Valley.

Breakfast in the hotel and start sightseeing with private vehicles and a professional guide. The places you visit are Bindhabasini Temple: It is located in the center of the old religious bazaar. It is dedicated to the goddess Bhagwati, another manifestation of Shakti. The park area offers a nice picnic and a relaxation area. Davis Fall: Known in the region as Patale Chango and on the

southern flank of the Pokhara Valley, the current from Lake Fewa breaks down and falls down the rock into a deep gorge that jumps through various potholes. It is famous for foreign tourists and locals people. Gupteshwor Cave: The revered Gupteshwor Cave is 2 km from Pokhara Airport. The entrance is directly opposite the Devi Fall, and the cave is almost 3 km long. It has some large rooms, the size of a living room, and some passageways where you have to crawl through all four. This cave is of particular value to Hindus because a phallic symbol of Lord Shiva is preserved here in the state in which it was discovered. You will visit the Barahi temple and Phewa Lake Located at an altitude of 800 meters above sea level; it is the second-largest lake in the kingdom. The Barahi Temple in the center of the lake is the most significant sacred shrine in Pokhara. This two-story pagoda was built almost in the middle of Lake Phewa and is dedicated to the female Shakti group. The reflection of the mount Machhapuchhare and Annapurna can be seen in its calm waters. The dense forest lies on the adjacent southern slopes of the lake. Seti River Gorges: Carved by Seti-Gandaki is one of Pokhara's natural wonders. K.I. Singh Bridge in Bagar, the Prithivi Highway Bridge, and Mahendrapool near the bus parking offers a perfect view of the terrible river rush and the deep gorge created by the turbulent flow of white water. You will spend your night in Pokhara.

Day 20: Drive from Pokhara to Kathmandu: 200 km / 5-6 hours on the car

After Breakfast, drive back from Pokhara to Kathmandu. It will be a trip along the river bank with a beautiful view of the hills and the rural lifestyle of Nepal. Take a rest after you arrive in Kathmandu or buy some souvenirs for your family and friends. Night stay at hotel in Kathmandu.

Day 21: Departure day: Transfer to Kathmandu International Airport.

After a few days of fun and excitement trip, the day has come to say goodbye. Our representatives will accompany you according to your flight time to Tribhuvan International Airport.

What's included in Package?

- ❖ Collection and return at the hotel and the airport in a private vehicle.

- ❖ Accommodation in Kathmandu in two single beds with Breakfast.
- ❖ All accommodations in tea houses on a trek in shared beds.
- ❖ Guided tour in Kathmandu and Pokhara Valley by private vehicle
- ❖ City sightseeing and entry tickets fee
- ❖ Three meals every day during the trek
- ❖ Local bus from Kathmandu to Chamje, tourist bus from Pokhara to Kathmandu, and private vehicle Nayapul to Pokhara.
- ❖ All required documents, entry permits, TIMS permits
- ❖ You will get an experienced, friendly and helpful, trek guide and porter.
- ❖ Salary, food, accommodation, transfer, and insurance for the guide and carrier.
- ❖ Medical equipment
- ❖ Necessary government taxes.

What is excluded in Package?

- ❖ International airfare
- ❖ Entry visa for Nepal; you can get it upon arrival at Kathmandu Airport.
- ❖ Travel insurance
- ❖ Your personal expenses.
- ❖ Other meals then Breakfast in Kathmandu and Pokhara Hotel
- ❖ Tips for guides, porters, and drivers.
- ❖ All alcoholic and non-alcoholic drinks.

Food and accommodation

The food and accommodation during this trek are minimalist, as the areas that fall on the trekking route are far from modern. You will stay in tea houses that offer clean and straightforward services. Heaters can only be found in dining rooms, and dishes such as pasta, pasta, dal Bhat, potatoes, vegetables, cereals, eggs, rice, soup, etc. are served. Depending on the season, you can get single, double, triple, or even dormitory rooms that are shared with more people. You will stay in a three-star hotel with breakfast according to the itinerary. Lunch and dinner are not included in the city.

Trekking guide (s) and other staff arrangements

The most important thing that makes this trip enjoyable and unforgettable is the experienced, polite, and helpful guides and crew who can make your days on the mountain go smoothly. Our trek is lead by the best and most professional trekking guide. All employees are carefully selected based on their experience, leadership skills, and personal skills. To preserve local communities, we only employ local staff who have sufficient knowledge of the culture, ecosystem, flora, fauna, geography, and history of the local region (s).

Travel insurance

Travel insurance for each itinerary of our company is a prerequisite for booking vacations. At a minimum, you must have emergency and repatriation insurance that must include the cost of the mountain rescue. Please read the terms and conditions of your insurers carefully, especially make sure that the following are covered: 1) activity (i.e., tourism, trekking or mountaineering) 2) maximum altitude reached on trekking 3) evacuation of the helicopter in an emergency. You must understand that you will bear the cost of the evacuation and return procedures and that it is your responsibility to pay for the evacuation or medical treatment. You must be fully aware of the effects of travel insurance and understand the limitations and exclusions of your policy. Please note that our company guide may, under certain circumstances, initiate helicopter rescue (or other necessary) operations in medical emergencies without first asking approval from your insurance company.

Physical fitness and experience requirements

The Annapurna Circuit Trek is suitable for passionate trekkers who can walk 5-6 hours a day with a light backpack. The hike is relatively comfortable for those who are used to walking at higher altitudes. We kindly ask you to jog and exercise regularly at least a few months before the start of your trip. Previous hiking experiences would be a bonus, but no technical knowledge is required for this trip. It is also essential to check with your doctor before booking the trek. If you

have the following diseases related to heart, lung, and blood, then you must inform us before booking the trek.

Best travel time

Annapurna Circuit Trek is best in the fall (September through November) and spring (March through May). During this time, the sky is clear, and the view is excellent. The weather is perfect for hiking without rain. We can also enjoy lush vegetation in the lower regions of the trail, especially during the spring season.