

Annapurna Circuit Trekking

The Annapurna Circuit is the most charming trek in Nepal. It takes you around the giant Annapurna massif and rewards you with the panoramic magnificence of the Himalaya. The regions rich culture, mystical religion and picturesque villages combined with the simplicity and warmth of the people make this one of the most rewarding treks in Nepal.

Annapurna, Dhaulagiri (the spectacular ice pyramid) and Machhapuchchhre (Fish Tail) mountains, number amongst the most beautiful in the world. During the trek you will experience a wide range of climatic variations, a rich variety of flora and fauna and the diverse life style of the people.

This unique and ideal trekking route passes through Manang, Muktinath, Kaligandaki, Marsyangdi and Jomsom.

Facts of Trek

Grade: Moderate-Strenuous

Best season: February, March, April, May, September, October, November

Per day walking: 5 – 6 hours

Type of Trek: Teahouse

Duration: 16 days

Maximum Elevation: 5416m

Start: Besisahar

Finish: Jomsom

Trekking Highlights

- Annapurna, Macchapuchhare, and Dhaulagiri massifs
- Year round Extensive flora and fauna.
- Unique hill cultures to explore.
- Restful hot springs to soak in.
- Numerous trekking peaks to climb
- Connecting treks to remote areas.

Trekking Itinerary

Day 01: Arrive in Kathmandu

On your arrival at Kathmandu Airport, you will be greeted by our representative and taken to the Hotel. Your first night you will spend in Kathmandu. Bed and breakfast.

Day 02: Kathmandu City Tour

After having breakfast we will take you sightseeing around Kathmandu valley. You will visit many Buddhist and Hindu temple which reflect the local culture and tradition of Nepalese society. In the afternoon we will return you to the hotel.

Day 03: Kathmandu to Besi Sahar

You have a 6 hour scenic drive to Besi Sahar from Kathmandu. O/N at Besi Sahar.

Day 04: Besi Sahar to Baundanda (1300m)

On this day we begin our trekking. Walking through Besi Sahar village, the trail drops to a stream and crossing the sub-tropical forest you will reach to Khudi, a Gurung village. Following the route of the Marshyangdi valley which has great views of Manaslu and Himalchuli, you will get to Bhulbule. Crossing Marshyangdi Khola(river) on a along suspension bridge you will come to the ACAP check post, passing a majestic waterfall, watching langur monkeys along the way, the trail reaches to Ngadi and to Lampata. Then finally making a short steep climb you will reach Baundanda, an attractive village. O/N at Baundanda.

Day 05: Baundanda to Chamje (1410m)

Descend on a steep, slippery trail and then climb to Lili Bhir, where you can visit the small hot spring. The trek to Khanigaon (1170m) and further on to Ghermu Phant with a huge waterfall. The trail descends, crosses the Marshyangdi on a bridge at Syange (1080m) and climbs to Shree Chaur. Passing a small waterfall, descend little bit

and the trail reaches Jagat (1330m). After Jagat we take a long climb through the forest where we reach to Chamje. O/N at Chamje.

Day 06: Chamje to Bagarchap (2160m)

Crossing the Marshyangdi river and making several ups and down the trail forwards through bamboo and rhododendron forest to Tal Besi and to the foot of a large waterfall which is known as Tal (1675m). Descending following the east bank of river, the trek gets to Karte and climbs to Dharapani (1920m). Then the trek enters the east- west Manang valley in a forest of blue pine, spruce, hemlock, maple and finally reaches to Bagarchap. O/N at Bagarchap.

Day 07: Bagarchap to Chame (2630m)

From Bagarchap the trail climbs through forest to Dhanakyu (2290m), crosses several landslides and travels uphill through the forest to Latterarang (2360m). The trail climbs and then descends to Thanchok and to Kotho (2590m), a meadow surrounded by huge pine and spruce trees. Walking about half- hour you will reach to Chame, the administrative head quarters for the Manang district. From here you have the excellent view of Lamjung Himal, Annapurna II and Annapurna IV. O/N at Chame

Day 08: Chame to Pisang (3190m)

From Chama you will reach Bhratang after walking through the pine forest and huge apple orchard which is surrounded by a stone wall. The trail forward has admirable views of Annapurna II, Pisang peak, Himalchuli and Ngadi Chuli and reaches to Pisang, upper part of Manang Valley. O/N at Manang Valley.

Day 09: Pisang to Manang (3540m)

The trail makes a long climb with excellent views of the Manang valley and Tilicho peak (7134m), before reaching to the Manang airstrip at Hongde (3325m). Crossing to the north bank of Marshyangdi on a bridge the trail reaches Mungji (3360m) and then climbs to Bryaga (3550m), a Tibetan-style village. Finally after leaving Bryaga, you will reach Manang. O/N at Manang.

Day 10: Acclimatization day in Manang

After having breakfast you will climb the ridge to the north of the village for excellent views of Annapurna IV, Annapurna II and Tarke Kang (7193m). If you descend from the village you will see the glacial lake at the foot of the huge icefall that drops from Gangapurna (7454m). Back to Manang. O/N at Manang.

Day 11: Manang to Letdar (4250m)

From Manang, the trail crosses a stream, climbs to Tengji, and then continues to climb out of the Marshyangdi valley before reaching the small village of Gungang (3930m). The trail passes through a sparse forest of juniper, rose, and barberry and crosses a large stream to reach Yak Kharka (4090m). Walking about an hour further you will reach Letdar. O/N at Letdar.

Day 12: Letdar to Thorung Phedi (4420m)

From Letdar the trail continues to climb along the east bank of the Jar sang Khola then descends and cross the stream on a bridge. Then making a short descent you will reach to Thorung Phedi. O/N at Throung Phedi.

Day 13: Thorung Phedi to Muktinath (3800m)

From Thorung Phedi, the trail becomes steep; following rocky ridges you will reach Thorung La (5416m), which is the highest point of this trek. From here the views are outstanding. The trail descends steeply and during the decent there are excellent views of Dhaulagiri. You will reach Chabarbu (4290m). The trail crosses a meadow and forwards to Muktinath where you can see the impressive temple of Lord Shiva. O/N at Muktinath.

Day 14: Muktinath to Jomsom (2710m)

From Muktinath the trail descends to Jharkot and to Kthingar. Beyond Kthingar you will meet the junction of two routes. The first one is Kagbeni (the entrance of upper Mustang) and another is to Jomsom. Then the trail proceeds to Eklebatti following the Kali Gandaki River. You will finally reach to Jomsom where you can see the Annapurna Conservation Project check post, hospital, airport and army camp. O/N at Jomsom.

Day 15: Jomsom to Pokhara to Kathmandu

In this mean day you will have a scenic flight to Pokhara observing the spectacular mountain views as well as striking natural beauty of Nepal. Form Pokhara you will drive back to Kathmandu. O/N at Kathmandu.

Day 16: Transfer to the Airport for your onward destination.

Cost Includes:

- Airport pick up and transfer by private vehicle as per the itinerary.
- Accommodation in Kathmandu at 3-4 star hotel including breakfast on twin sharing.
- Kathmandu city tours inclusive of vehicle transfer, entrance fees & professional English speaking tour guide.
- Surface transportation to and from trekking start and end point.
- Accommodation during the trek at guest houses/lodges on twin sharing.
- Meals (Breakfast, Lunch and Dinner) with Tea & coffee during the trek.
- Highly experienced Government licensed guide and necessary porters during the trek and their transportation, food, accommodation, salary, equipments and insurance.
- Trekker's Information Management System (TIMS).
- Annapurna Conservation Area Entrance Permit and fees.
- First Aid medical kit
- Duffle Bag
- Government taxes
- Service charge.

Cost Exclude:

- Any meals other than breakfast in Kathmandu and Pokhara.
- International airfares
- Nepal entry visa fee US\$ 30 (duration 60 days from date of issue)- you may easily issue the visa upon your arrival at Tribhuvan International Airport – Kathmandu, Nepal
- Rescue & travel insurance, trip cancellation costs, accident or health emergency, evacuation, loss, theft or damage to baggage and personal effects. We strongly advise you to take out personal travel insurance.
- Items of a personal nature.
- Any kind of alcoholic drinks, hot water, hot shower, cold drinks, laundry, phone call, and internet.
- Tips & Gratuities

Note: The best season for this trek is Feb to May or Sep to Dec. Whether staying in tea houses or opting for a tent, tacking on acclimatization days, or adding rafting and safari, you can customize your trekking experience to make it one of a kind.

Contact Us

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