

## Overview

There are very less trekking itineraries in Nepal which command as much attention of the visiting tourists as does the Annapurna Circuit Trekking. The popular trekking route of Annapurna Circuit lies in the Western part of the country, nearby from the popular tourist town of Pokhara. No wonder, Annapurna Sanctuary Trekking is a wonderful opportunity for the visiting tourists to learn and explore more about the fascinating region of Annapurna which is popular both inside and outside the country. It is by far the most amazing and popular trekking destination in the Annapurna region of Nepal. Annapurna region is crowded throughout the year as the visiting tourists come here to enjoy the adventures of Nepal trek and also to enjoy the natural sightseeing in the famous region.

Annapurna Circuit Trekking with the 'Nepal Glacier Treks' is a 21-day trekking itinerary during the course of which the visiting tourists can witness the beauty of the Annapurna region, enjoy trekking in Nepal, and also observe the greatness of the popular Thorong-La Pass while also get the chance to visit the holy shrine of Muktinath. The shrine of Muktinath is a major highlight of the circuit trekking as many domestic tourists come here for pilgrimage purpose as well. The Hindu temple of Muktinath is located at around 3700 meters of altitude. The valley of Manang and the places like Jomsom are other major attractions of the Annapurna Circuit Trekking. The maximum elevation which the trekkers reach during Circuit trekking will be around 5400 meters, while the months of September-November and March-May are best for the trekking.

Annapurna Circuit Trekking begins with a scenic drive from the Capital city of Kathmandu to the town of Bhulbhule. It will take around seven hours for you to reach the village town of Bhulbhule which happens to be the starting point of the trekking. We offer the best and reasonable cost to both foreigners and domestic tourist. This is an adventure trekking and we provide skillful as well as well-trained and English speaking guides in the trekking. There is no doubt about accommodation because we give best and quality service throughout the trip. We always focused to give quality service, where you can see best feedback and review. During the 21-day long trekking, the visiting foreigners and also the domestic tourists will experience trekking in Nepal with some great memories from the trek occupying the mind.

## Itinerary Details

### Day 01 : Arrival in Kathmandu (1345m)

After arrival at Tribhuvan International Airport (TIA) in Kathmandu, you will meet our representative who will receive you outside the airport with Nepal Glacier Treks & Expedition's signboard and transfer to your respective hotel by private vehicle. You will enjoy the evening yourself and then have a pleasant stay at hotel in Kathmandu.

## **Day 02 : Pre- trip meeting and Kathmandu valley sightseeing**

On this day, after breakfast in the morning, at around 8am, we call a pre-trip meeting at your hotel in Kathmandu and introduce your trek leader/guide. Please get this opportunity to ask questions about your trek, tour and important things. In the meeting, please make sure you bring passport, three copies of passport-size photos, and a readable copy of your travel insurance policy. During this meeting and please clear the due balance. After meeting we will begin our Kathmandu valley sightseeing including the cultural and historical site of Kathmandu Durbar Square, Patan Durbar Square and largest legendry Buddhist stupa of Swyambhunath and Bouddhanath, and very famous hindu temple of Pashupatinath which are listed in world heritage sites by UNESCO. If we have plenty time, will visit Bhaktapur Durbar Square- it is city of Devote and back to hotel then have a pleasant stay at overnight in Kathmandu.

## **Day 03 : Drive to Khudi (790m) 6- 7 hours**

On this day of the itinerary, you will take a drive from the Capital city of Kathmandu to Beshishahar, the district headquarter of Lamjung district. The drive will take around seven hours and you will enjoy the scenic drive along the banks of Trishuli River and on the way will you see the terraced farm and beautiful settlements villages. After reaching Beshishahar, a half- an hour drive from Beshishahar takes us to Khudi, the starting point of our trekking. Alternatively, you can starts trek from Beshishahar which takes an hours to get to Khudi. From the Khudi, you can see the first glimpse of the beautiful Manaslu range. Overnight stay at guesthouse.

## **Day 04 : Khudi to Sirung (1864m): 6- 7 hours**

On this day, after breakfast in the morning we head to Sirung village along the crossing a few suspension bridges and beautiful waterfalls with up and down across rice fields and a subtropical forest. We head walk slowly and taking easy because we follow the steeper trails today. The mountains are very closer that we see from Khudi village and continued walking through the settlement village and previous trails. After six- seven hours walk, we reach the beautiful Sirung village. From the village, we can see very beautiful and incredible views of Manaslu and Nadi chuli. Overnight stay at guesthouse.

## **Day 05 : Sirung to Jagat (1300m): 6- 7 hours**

Today, we start trek to Jagat from Sirung village. We leave behind the woodland, lush forest, ferns, beautiful village and can see different variety of birds inside the Jungle's trails. We also get the chance to observe the temples and Rivers on the way. We heading to Jagat along the crossing a suspension bridge over Sangu khola and Marshyangdi River, respectively at Syange and Mipra. We can see beautiful and eye- catching waterfall on the way and crossing some suspension wooden bridge then reach Jagat village. Overnight stay at guesthouse.

### **Day 06 : Jagat to Dharapani (1960m): 7- 8 hours**

On this day after breakfast, we leave Jagat and slowly start our trek. The trail goes down until reach the river from the Jagat, then continues through a lush forest. After ascent and descends trails, we reach the Chyamje village from where Annapurna mountain range can see. After leaving lush forest, crossing suspension wooden bridge, we climb physically challenging and steeply towards the slippery path to Sattale. After Sattale, we descends to grassy riverbank that path leads to Tal, then we get to steeply- forested village of Karte, crossing the waterfalls and suspension wooden bridges, finally we reach Dharapani village. Overnight stay at guesthouse.

### **Day 07 : Dharapani to Chame (2,710m): 5- 6 hours**

Today, after breakfast we leave Dharapani for Chame is the headquarters of the Manang district. A few forested ridges on our path and throughout the trek we can see an amazing views of the Himalayas including Annapurna II (7937m), Annapurna IV (7525m) and Lamjung Himal (6983m). Today, we can also get hot spring where we can bath and relax tired muscles in the hot water. We finally reach to Chame after long walk and overnight stay at guesthouse.

### **Day 08 : Chame to Pisang (3300m): 5- 6 hours**

Today, after breakfast in the morning we move ahead further up to the village of Pisang from the Chame. For the trek to Pisang you need to go behind the trail throughout vertical and narrow path through a very lush forest and river on the way. On this day will brings us to the dramatic curved rock face, Marshyangdi river valley, carved rock. The trekkers will forget the tiredness of the trekking once you reach Pisang as you will be blessed with the majestic mountain views. Overnight stay at guesthouse.

### **Day 09 : Pisang to Manang (3540m): 6- 7 hours**

On this day you will be walk to Manang from Pisang. Manang is a wonderful valley which is much popular among the one who come for Annapurna trekking. For the trek to Manang, there are two routes to Manang but you should follow the trails that takes us to Upper Pisang via Ghyaru, Ngawal and Braka. This trail is popular and can see the incredible views of the beautiful landscape and mountain vistas including Annapurna and Pisang. The cold and dry climate also makes a quite harsher environment. The visiting and seeing we head continues and visit to Braka monastery, it is the largest monastery in the entire district of Manang and will be memorable. After leaving previous trails and village we reach Manang village. Overnight stay at guesthouse.

### **Day 10 : Acclimatization day**

On this day at Manang will be spent for acclimatization to the higher altitude as it is very

important for the trekkers to get used to the rising altitude and the changing conditions. During the day, you can visit monastery in Manang, hike to Vraga village and take a side trip to Gangapurna Lake. Though the day is meant for acclimatization, you can travel around Manang and enjoy the beauty of the valley. Overnight stay at guesthouse.

#### **Day 11 : Manang to Yak Kharka (4110m): 3- 4 hours**

On the 11th day, you will leave Manang and head towards Yak Kharka after breakfast in the morning. You need climb up to the village of Tengi and continues towards out of the Marshyangdi valley moving northwest head towards the valley of Jarsang Khola. The trails goes to northward and passing a few pastures, Juniper trees and gains elevation. After that, you will get small village of Ghunsa, just below the trailhead you can see a cluster of flat mud roofs and the trail goes through big ground where you can also see Yaks and Horses. After passing up and down trails and crossing a small river on a wooden bridge, finally you will reach Yak Kharka. Overnight stay at guesthouse.

#### **Day 12 : Yak Kharka to Thorong Phedi (4600m): 3- 4 hours**

Today, we leave Yak Kharka for Thorong La Phedi, you will move ahead to the Thorong La Phedi. On this trip you can see one of the best views of Mount Gundang, Thorong La peak, Mount Syagang and Mount Khatungkan. The Phedi means in Nepalese referred to as the foot of a mountain. After around three- four hours of trekking you will finally reach Thorong La Phedi, the destination of the day. This is the highest elevation you will reach on the next day. Overnight stay at guesthouse.

#### **Day 13 : Thorong Phedi to Muktinath (3800m) via Thorong La pass (5416m): 7- 8 hours**

We wake up around three in the early morning and move up the mountain. We will cross the Thorong La pass (5416m) from the easiest and safety direction. This is one of the highest pass in the Annapurna circuit and head towards the popular Hindu shrine of Muktinath Temple which is located at an altitude of 3800m meter. This Temple is a sacred place for Buddhist and Hindu pilgrims. Thousands of Hindu pilgrims visit the temple and worship the goddess every year. The walking can be difficult on the day, but you will enjoy the adventure and also the natural beauty of the region. Overnight stay at guesthouse.

#### **Day 14 : Muktinath to Marpha (2670m): 4- 5 hours**

After spending a night at Muktinath temple, you will descend down to Marpha village. Marpha is very famous as the apple capital of Nepal and the local brandy of Marpha is quite famous all over Nepal. Today, we head towards Kali Gandaki River, the world's deepest gorge, Kagbeni and Jomsom. Jomsom is very famous amongst the travelers in Annapurna region and there are, we can get quite good hotel accommodation. After passing up and down, surreal, the steep, barren hillside and around five hours then finally reach Marpha village. Overnight stay at guesthouse.

**Day 15 : Marpha to Kalopani (2530 m): 5- 6 hours**

From Marpha, after breakfast in the morning we head towards to Kalopani on the 15th day of itinerary. Today, you can see traditional village, ethnic Thakali people and also get to see beautiful apples gardens. The views of Dhaulagiri, Nilgiri, Tukucho and Annapurna1 mountains can be seen clearly from here. After enjoying and taking pictures of massive Himalayas, we cross a river and get the motor's road before reaching Kalopani. Overnight stay at guesthouse.

**Day 16 : Kalopani to Tatopani (1200m): 6- 7 hours**

Six- seven hours of down trekking from Kalopani will takes the trekkers to Tatopani on the 16th day of the itinerary. For the trek to Tatopani also called as natural hot water spring, which is the ideal place for taking rest and relax as the trekkers will really feel good after taking dip at the hot water spring. It is also believed that taking dip at Tatopani will cure skin and other diseases. On this day, you will cross the bridge on a river at Ghasa and heading down with lower elevations and subtropical forest. The trails continues goes down along Rupse Chhahara via Kopchepani and Garpar. At Dana, you will cross bridge and reach Narchyang Besi, where you get to see powerhouse, people lifestyle and bigger town. Upon arriving Tatopani, you will have bath and relax in the hot water spring. Overnight stay at guesthouse.

**Day 17 : Tatopani to Ghorepani (2874m): 7- 8 hours**

Today, after breakfast in the morning we leave Tatopani and the Kali Gandaki valley and head towards the Ghar Khola valley. The trails takes you glimpse of mountain all around. You passing Shikha village and Chitre, beautiful rhododendron forest, which gives you great opportunity to explore different colors of rhododendron flowers. You will walk further reach Ghorepani, a beautiful Gurung village which is located at 2874 meter. From here Annapurna1, Annapurna south and other popular peak can be seen clearly. Overnight stay at guesthouse.

**Day 18 : Ghorepani to Poon Hill to Tadapani (2700m): 6- 7 hours**

To see the sunrise over the Himalayas, the visitors will hike from Ghorepani to Poonhill in the morning. Poonhill is the quite popular trekking destination amongst the travelers in the Annapurna region. It is also the great viewpoint Dhaulagiri range, Annapurna range and other mountain. After visiting and spending sometimes there, you will return to hotel for hot breakfast, then continues trek east. You walk up and down through rhododendron forest and spectacular waterfalls and then after around six- seven hours you will reach Tadapani. Overnight stay at guesthouse.

**Day 19 : Tadapani to Pokhara (850m) via Ghandruk: 5- 6 hours trek, 1 hour drive**

Before leave Tadapani, you can see sunrise in the early morning from Tadapani. From here we go down through the pass thick and old rhododendron trees. A couple of hours of trekking from Tadapani will be enough for the trekkers to reach Ghandruk village. There are you will get chance to explore a slope settlement with stone houses, mostly can see Gurung people. From here, you can see the great views of Annapurna south, Hiunchuli, Gangpurna and Machhapuchhre (Fishtail) mountain. You will continue trek to Nayapul and drive one hour to Pokhara. Overnight stay at hotel.

### **Day 20 : Drive or Flight from Pokhara to Kathmandu**

On this day, you will be back to Kathmandu from Pokhara, today if you take flight 30 minute and drive 6 hour choice is yours. Arriving Kathmandu you will transfer to your respected hotel, refreshed and take some rest and in the evening time you can buy souvenirs and gifts to your family, relatives, and friends and loved one back home and enjoy farewell dinner with local food and cultural show then have a pleasant stay overnight at hotel.

### **Day 21 : Final departure from Kathmandu**

According to the itinerary, this is the last day of your package. This day you will be transfer into the Tribhuvan International Airport (TIA), Kathmandu from where you will board the flight to your next beautiful destination hoping to see you again. "Have a nice Journey"