



## Annapurna Circuit Trekking - 12 days - \$500/Person

### Trip Info

**Trip Code:** WHT/NT-01

**Grade:** Moderate

**Maximum Elevation:** 5,416M.

**Type:** Trekking/Hiking

**Starts at:** Kathmandu

**Ends at:** Kathmandu

**Trip Route:** Kathmandu-Beshisahar-Manang-Thorong Pass-Muktinath-Jomsom-Pokhara

**Best Season:** Autumn & Spring

**Accommodation:** Not Included

**Meal:** Not Included

**Offer:** 10% DISCOUNT

Annapurna circuit Trek is beautiful combination of trekking in the Annapurna region where we can see dramatic deep gorges, desolate high mountain passes, and the massive snow capped mountain ranges as well as relaxing hot spring, Buddhist and Hindu temples, delightful farming villages .

Annapurna Circuit Trek is a rewarding trek where you will be able to view panoramic sceneries of Himalayas, including of the Mt. Dhaulagiri (8167m), Mt. Annapurna I (8091m) Mt. Manaslu (8163 m), Mt. Annapurna II (7937 m.) , Mt. Annapurna III (7555m), Mt. Annapurna south (7219m), Mt. Annapurna IV (7525m), Mt. Nilgiri (7041m), Mt. Machhapuchhare (6998m), Mt. Hiunchuli (6441m), Mt. Lamjung Himal (6986m), Tukucho peak (6920m), Tilicho peak (7134m). We get an opportunity to learn about the Tibetan Buddhist villages as well as Manang settlements and their typical culture. The circuit takes you through a number of climatic zones you will pass rice paddy fields, sub-tropical forests, rural farmland and glacial zones. There is a small chance of seeing a snow leopard in Yak Kharka along with blue sheeps .We will also go by Jomsom's bustling market area ,a big change from the scenic farms and rural villages and make a stop at Tatopani where, after days of trekking we can relax in their famous hot springs

We start our journey at Kathmandu, from there we take a local bus to Bhulbhule where we register our permits , next day we take a local bus for a scenic drive to Chame, on our way we stop by Dharapani to register paper works for Annapurna circuit trek. The next day we begin our trek as we trek to Pisang on a pleasant forest trail above the river, we follow the trail to Manang , Ledar to Thorong Phedi or high camp. And from Thorong Phedi to Thorong La Pass 5416 m. After passing the Thorong La pass we head down to Muktinath, which is sacred pilgrimage site for hindus and buddhists From Muktinath we drive to Jomsom then Tatopani and spend the night there. Next day we drive to Pokhara from Tatopani via Beni Bazaar, and finally take a tourist bus back to Kathmandu

Our 12 days Annapurna circuit trek itinerary is an alternative short trek of our 15 days Annapurna Circuit trekking that circumnavigate the entire Annapurna designed for the passionate trekkers having the ability to hike at 6 to 7 hours a day. If you wish to achieve just the base camp of Annapurna, our 7 days Annapurna base camp trekking would be perfect .We have more exciting Adventurous packages in Annapurna region.

## Itinerary

### Day 1 - Arrival in Kathmandu

Once you arrive at Tribhuvan International Airport, one of the representatives will pick you up from the airport and transfer to the hotel. Stay overnight at hotel.

### Day 2 - Drive to Bhulbhule (845 m / 2,815 ft) 200 km west of the Kathmandu Valley –7-9hrs

Early morning after breakfast we take a local bus to Bhulbhule. The route goes out of the valley along the picturesque trishuli river to Pokhara from where we head north to the large bazaar to Besisahar to Bhulbhule, situated along the Marsyangdi river. Throughout the ride we will be able to see beautiful scenery of terrace farms, villages and catch a sight of the snowy mountain peaks of Ganesh and Manaslu. At Bhulbhule we register our permits at the check post.

### Day 3 - Drive to Chame (2,710 m/8,890 ft) by Local Bus 7 to 8 hours

We take a normal bus to Chame. The bus route is a pleasant road through the jungles and terrace farms by the Marsyangdi river. We take a lunch break and climb up through several of the rural villages to finally reach the peaceful village of Jagat. From there we continue on the bus on the route following the Marsyangdi river to the bustling village of Dharapani (1860 m), the main entry point for our Annapurna circuit trek, here we register our paperworks at the checkpoint then continue on our bus to Chame. Chame has a busy bazaar and a rejuvenating hot spring along Marsyangdi river where we can relax, there are also great views of Annapurna II (7,937m) and Lamjung Himal (6,932m) up the valley and if you look back you will be able to see the Manaslu (8,154m) and Peak 29 (7,833m).

### Day 4 - Trek to Pisang (3,115 m/10,200 ft) - 6hrs

We walk through a steep and narrow valley to have our first view of Paungda Danda rock face, a curved rock face rising 1500m from the river. From here, we also see clear views of Annapurna 2 at the south and Pisang Peak at the north east. Next, we descend to the Manang Valley floor.

### Day 5 - Trek to Manang (3540 m/11,300ft)- 8 to 9 hrs

We trek on the upper trail through upper Pisang via Geru, we choose this trail as it offers outstanding views of north face Annapurna II, III, IV, Gangapurna, Tilicho and Pisang Peak. As we ascend we'll feel the air turn cold, dry and harsher. The trail goes through Tibetan settlement and we get a chance to explore Buddhist culture in a short visit to Barge Monastery, largest in Manang.

### Day 6 - Trek to Ledar (4200m/14206ft) – 4 hrs

After a day in and around Manang, acclimatizing to the high elevation, and allowing our bodies time to rest and get used to the environment, we then move forward on our way to the Thorung La high pass. From the landscape is more alike Tibetan Plateau. We first make our way through the older section of Manang and then climb through the rustic Gungtang as we make our way up the spectacular valley to an open, peaceful meadow known as Yak Kharka. We make the climb steadily through Tenki, leaving the Marshyangdi Valley. Continuing along the Jarsang Khola Valley, we reach Ledar.

## **Day 7 - Trek to High Camp (4900 m/15091 ft) - 3 to 4 hrs**

It is another short day of about 3 to 4 hours walking again to help the acclimatisation process. Leaving Ledar and after crossing the river, Jorsang Khola (4310m) there is a trek to Phedi at 4420m/14501 ft, Phedi means "foot of the hill". We follow a narrow path across a high, steep slope (small stones that move when you trek on them) then walk slowly one and half hour up hill to Highcamp or Throng Phedi.

## **Day 8 - Trek to Muktinath (3,800m/12467 ft) via Thorung la pass(5,416m/17764 m) – 8 to 9 hrs**

Today's the most challenging part of the trip, we cross Thorung La pass, one of the highest passes in the world, and the highest point of the trek. We have to wake up early morning at 3 to complete this challenge. We have to push ourselves through the icy air, and high altitude but the view from the pass will make it totally worth it. We will see a panorama of majestic Himalayan peaks extending northwards into Tibet, at the back we can see several of the main peaks of Annapurna. We then descend all the way to Muktinath. The descent to Muktinath is quite steep and will take between 3 to 4 hours. Muktinath is a sacred place for both Hindus and Buddhists. The Buddhists call it Chumig Gyatsa, which in Tibetan means "Hundred Waters".

## **Day 9 - Drive to Jomsom and Tatopani (1200m/3,940ft) by local bus**

After exploring Muktinath we take a public transportation to head down the valley. We will soon find ourselves at the bottom of Kali Gandaki river valley on the trail to Jomsom, district headquarters of Mustang. Jomsom bustling market area will be a big change from the scenic farms and rural villages we had previously visited. After a resting for a while, we catch a local bus to Tatopani. This rugged journey goes through the deepest gorge in the world, it'll take us from the arid high elevation terrain to the lowlands with lush jungle and farmland. We will be able to get good views of Annapurna and Dhaulagiri. Until we finally reach Tatopani. Tatopani means 'hot springs' Nepal. We can take a dip in the nearby hot spring.

## **Day 10 - Drive to Pokhara (850m/2788 ft) – 7 hrs**

Approximately seven hours bus or jeep drive from Tatopani via Beni Bazaar take us to Pokhara. Pokhara is a lakeside tourist's paradise with many facilities for travelers. Accommodation at Hotel near Lakeside.



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## **Day 11 - Drive back to Kathmandu (1,350 m/4,450 ft) - 6-7hrs**

Early morning we return back to Kathmandu on a tourist bus. The 200 km route first goes along the Marsyangdi River and then the Trishuli river giving us a good look at the natural scenery and farmland. The bus makes one last climb and we are back in the valley of the gods, Kathmandu. We wish you have a memorable journey trekking Annapurna Circuit

## **Day 12 - Departure Kathmandu**

Time to say farewell to Nepal. Enjoy your last moments in Kathmandu with breakfast in a café, a city stroll, and/or souvenir shopping. A representative will meet you at your hotel and drive you to the airport for your return flight home. It's good to be at the airport at least two hours prior to departure.

## Cost Includes

- Drive from Kathmandu to Bhulbhule to Chame and from Jomsom to Tatopani to Pokhara by Local bus.
- Pokhara to Kathmandu by Tourist Bus.
- One night accommodation in selected hotel in Pokhara with Breakfast.
- Tea House/ Lodge accommodation including meals Breakfast, Lunch and Dinner during trek.
- Government License holder Discovery World Trekking experienced and qualified trek leader (guide), assistant trekking guide, (10 or above trekkers: 1 assistant guide) and porter to help trekkers luggage (2 trekkers: 1 porter).
- Coverage of guides and porters meals, insurance, salary, lodging, transportation and other necessary equipment.
- Annapurna Conservation Area Permit (ACAP) Fee.
- Trekkers Information Management System (TIMS) card fee.
- Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- Discovery World Trekking appreciation of certificate after over the trek.
- Farewell dinner.

## Cost Excludes

- International Flight.
- Excess baggage charges.
- Accommodation, All Meals (Breakfast, Lunch and Dinner) in Kathmandu
- Lunch and Dinner in pokhara.
- Extra night accommodation in Kathmandu and pokhara due to early arrival, late departure, early return from trekking (because of any reason) prior to the plan scheduled itinerary.
- Personal expense such as shopping, snacks, bar bills, bottle or boiled water, shower, Wi-Fi, laundry, telephone call, battery re-charge fee extra porters etc.
- Personal clothing and gear.
- Travel insurance.
- Tips for guide and porters.
- Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability raises strike, moment etc