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## 15 days Annapurna Circuit Trek



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Kathmandu  
Besisahar  
Trek from Jagat to Jomsom  
Pokhara  
Kathmandu

Annapurna Circuit trek is one of the most popular treks in Nepal, famous for its ethnic villages, natural beauty and spectacular mountain views. This Annapurna Circuit trek starts in Jagat and ends at Jomsom via Thorung La, total 136km/84mi.

Type  
Private  
Duration  
15 days  
Theme  
Natural scenery, Trekking & Biking  
Trip code  
NAR-03  
Price  
From CN¥ 25,000 per person

### Itinerary

Annapurna Circuit trek is one of the most popular tea house trek in Nepal, famous for its ethnic villages, natural beauty and spectacular mountain views. Generally it is a moderately difficult trek, especially the part that climbing the Thorung La pass (5416m high) and the altitude after Manang. Our Annapurna Circuit trek starts in Jagat where climbing up the Marsyangdi valley towards Manang, crosses the Thorung La Pass, visits Muktinath and finally ends at Jomsom, total 136km/84mi. From Jomsom a short flight back to Pokhara will be arranged, the total trek tour lasts for 15 days. If you are short on time, then a shorter trek can be arranged that we can drive you up to Chame to start the trek, which will save you 2 days on the road.

The best months to do Annapurna Circuit trek are April, May, September, October and November.

Day 01 :

Arrival at Kathmandu

You will be greeted at Kathmandu airport upon your arrival by our local guide, then transfer to your hotel in Kathmandu. Free explore Kathmandu on your own for the rest of today. We would suggest you stroll on Thames, the popular tourist hub in the capital city Kathmandu, where the narrow streets are full filled with stores, restaurants, cafes and bars etc.

Day 02 :

Kathmandu: Sightseeing and trek Preparation (B)

After breakfast, you will be guided to have a Kathmandu city tour to visit the UNESCO World Heritage Sites of Kathmandu including Pashupatinath Temple, Bouddhanath Stupa, Swayambhunath Stupa and Kathmandu Durbar Square. Overnight at Kathmandu.

Day 03 :

Drive from Kathmandu to Jagat (1300m) via Besisahar, drive about 7-8 hours (B)

Today you have a fairly long drive to **Jagat** where your **Annapurna Circuit Trek** begins. On the way enjoy the views of the changing countryside, rivers, terraced farmlands and the stunning Himalayan Mountains. Overnight at Jagat guesthouse.

Day 04 :

Trek from Jagat (1300m/4265ft) to Dharapani (1860m/6,200ft), about 6-7 hours trek/15km (B/L/D)

Today begins your adventure trek of Annapurna Circuit trek. You will follow the Marsyangdi River, pass by some magnificent waterfalls and lush green flora and fauna. The trail winds progressively uphill to **Tal**, the first village in the Manang region. Here the scenery starts to change dramatically from the lush beginnings of the trek. The trail continues along an impressive, wide valley upwards along stone staircases until you reach the village of Dharapani. Overnight at Dharapani local tea house.

Day 05 :

Trek from Dharapani to Chame (2610m/8,890ft), 5-6 hours trek /16km, (B/L/D)

Today the trail follows the Marsyangdi River, climbs towards Timang at 2750m continuing onwards through pine and fir forest. As the trail ascends through the forest there are incredible views overlooking the valley and of Annapurna II (7937m). Here you really start to get the feeling of being in the high mountains of the Himalaya. Before reaching Chame – the district headquarter of Manang region you will also get to see remarkable views of Mt. Manaslu (8156m) and Peak 29 (7871m).

Day 06 :

Trek from Chame to Lower Pisang (3200m), 4-5 hours trek /15KM, (B/L/D)

The day begins as exiting the village past a prayer wheel leading into deep pine forest. Here the Marsyangdi Valley narrows and becomes at one of its steepest points with the trail carved right into the vertical rock face. As you pass this point the valley opens up to reveal a majestic mountain vista, where the Paungda Danda rock face towers over 1500m above the trailhead. Local Gurungs believe that atop Paungda Danda is the Gateway to Heaven. This impressive view follows with you as ascending to lower Pisang. If you arrive earlier, then you could do some acclimatization walk to the more traditional village-Upper Pisang. There are stunning views of the area from the viewpoint at the monastery.

Day 07 :

Trek from Lower Pisang to Manang (3540m/11,300ft), 4-5 hours/6-8 hours trek (just depending on which route you go), (B/L/D)

The trail continues throughout the upper part of the Manang region where the Tibetan/Buddhist influence can be seen throughout. People in this region herd yaks and raise crops such as maize.

There is an important decision to make at the start of your day. There are two available routes to **Manang from Pisang (southern and northern routes)** which differ significantly in difficulty. It's possible to follow the road all the way to Manang – an easy and quick walk of around **4-5 hours (southern route)**. The longer, more challenging route is to follow the trekking route from **upper Pisang through Ghyaru and Ngawal (northern route)** which will take closer to 6-8 hours just depending on your fitness. The views along the upper northern route of the Annapurna's are stunning!

Day 08 :

Manang (3540m/11,300ft) –Rest & Acclimatization day, (B/L/D)

Today is a rest and acclimatization day.

There are a number of day walks available to do that offer amazing views, whilst also gaining altitude. One of the possibilities is to hike up the hill (400m ascent) behind Manang and visiting the monastery. Here you can get magnificent views of the entire Annapurna range and the enormous icefall that can be seen crashing down from Gangapurna.

Day 09 :

Trek from Manang to Yak Kharka (4050m/14,275ft), about 4 hours trek/10km, (B/L/D)

Today is a shorter day, taking it slowly.

After breakfast, start walking towards Yak Kharka from Manang. The trail gradually climbs up to Gunsang Manang via Tenki Manang along the Jarsang Khola Valley. Today is the best day for beautiful Himalayan peaks, you can see Mt. Annapurna II, III, IV, Mt. Gangapurna, Mt. Tilicho, Mt. Manaslu, Pisang Peak, Chulu Peak etc. and finally reach Yak Kharka (4,050m).

Day 10 :

Trek from Yak Kharka to Throng Phedi (4525m/14,275ft), 3-4 hours trek/7km, (B/L/D)

This is another short day to aid in acclimatization.

Today head to the foot of Thorong La pass, **Thorong Phedi**. Slightly up the trail to Thorung Phedi, you will get to see large herds of blue sheep and yaks on the barren fields. Just before the Phedi, you have to cross the landslide area which is about 10 minutes. And finally, reach Phedi where you have lunch and settle into rooms here. You can walk up to High Camp (4880m) for acclimatization (optional).

Day 11 :

Trek by crossing the Thorung La (5416m/17,769ft) to Muktinath (3760m/12,623ft), about 9 hours trek/16km, (B/L/D)

Today is one of the most challenging and longest days (climb 1000 meters, and then descend 1600 meters again)

of **Annapurna Circuit trek**.

The trek begins before sunrise at around 4AM to cross Thorong-La Pass (5416m), the Annapurna Circuit's highest point. It is important to cross the pass by no later than 10AM to dodge the winds and potentially inclement weather. The pass is marked with praying flags and gives picturesque views of Mustang valley and high mountains up ahead. After crossing the Pass, another 4hours walk to reach Muktinath (3800m).

Muktinath is surrounded by rugged mountain landscapes and with unparalleled views of Dhaulagiri (8167m), the world's 7th highest mountain. Muktinath is a sacred place for Hindus and Buddhists. Thousands of pilgrims visit this place and take the holy bath at 108 holy waterspouts in Muktinath Temple.

**Day 12 :**

Trek from Muktinath to Jomsom (2720m/8923ft) via Kagbeni, 5-6 hours trek, (B/L/D)

Today the trek goes to lower altitudes and entering the windy valley of Kali Gandaki. You will trek off the beaten via **Kagbeni to Eklebhatti** for better views and avoiding traffic. Then another 2 more hours of walking to reach Jomsom, the capital town of Mustang. Relax at Jomsom.

**Day 13 :**

Morning Flight to Pokhara, Pokhara sightseeing

Morning a short 25-min flight from Jomsom takes you to the lakeside city of Pokhara. On arrival at Pokhara you will check in to the hotel near Phewa Tal (lakeside) and afternoon do some sightseeing around Pokhara valley: **Fewa Lake, Devis Waterfall, Museums, and Gupteshwor cave**. This evening you can sit by the lake and watch the sunset over the mountains.

**Day 14 :**

Drive Pokhara – Kathmandu (1300 m/4265ft) / 6-7 hours drive, (B)

You drive back to Kathmandu – some 206 kms and takes seven hours. We suggest you to sit on the left side of the bus which you will get the best views and will see the river, gorges, mountains, small settlements and terraced farming land. Back in Kathmandu, you will be taken back to your hotel where you can relax or stroll around Thamel for some last-minute shopping.

**Day 15 :**

Departure of Kathmandu. (B)

Final departure to your destinations as per your flight time.

**Inclusions**

**Tour notes:**

All of our tours can be customized to suite your requirements, interests and budget. It is our specialty! Please feel free to contact us.

**General inclusions:**

Meals allowance for your guide and driver.

Annapurna Conservation Area Project (ACAP) entry permits and Trekkers Information Management System (TIMS) cards

Comprehensive first aid medical kit carried by the guide

Necessary paper works, all government, and local taxes, company service charges

Oximeter to check your pulse and oxygen saturation and heart rate twice daily (Very useful to check Altitude Mountain Sickness(AMS) symptoms)

Sherpa porter to carry your luggage with proper safety equipment (one porter for two people)

Guesthouse accommodation during the trek in mostly twin-share and occasionally dormitory-style rooms.

Standard twin-sharing accommodation in a 3 star hotel in Kathmandu (1 night only) and Pokhara (2 nights only) including breakfast.

All entrance tickets as noted in the tour's itinerary.

Experienced English speaking trekking guide

Airport and/or train station pick-up and drop-off.

\* We also provide private transfer (only for you) for the entire trip at your request.

Flight ticket from Jomsom to Pokhara

Kathmandu - Besisahar transfers on a local bus, Pokhara - Kathmandu transportation on a Local bus

The transfer from Besisahar to Jagat by local jeep.

Meals on full board (B=Breakfast, L=Lunch, and D=Dinner] during the trek

Welcome dinner.

**General exclusions:**

Personal expenses such as laundry, drinks, internet access, fax, telephone calls etc.

Tips for your guide and driver.

Your Travel and medical rescue insurance(recommended).

Optional Attractions that are not specified in the itinerary.

Flight and/or railway ticket(s) to the first city of the tour and departure from the last city of the tour.

Meals not specified in the itinerary.

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