

# Annapurna Circuit – Round Trekking

<https://www.nectravels.com/package/annapurna-circuit-trekking/>

Annapurna Circuit treks completely circumnavigates the Annarpana massif, considered as classic treks by many trekkers. It provides a whole range of experiences from lowland paddy fields to the windswept valleys of the Manang district on to the high pass of Thorang la (5416 m).

This trek from Besisahar follows the partly constructed road as far as the small market town of Kudhi. An entry permit for ACAP is needed for the trek. Most trekkers start the trek by taking a bus to Besisahar which is a 6-8 hours drive from Kathmandu. The first few days of the trek goes along the Marsyangdi River.

The region has lush green valleys which are inhabited by Gurungs along with a large number of other ethnic groups. You encounter countless high waterfalls that cascade down into the main river while the skyline is dominated by the Annapurna and Manaslu ranges.

After the Thorong -La pass there is a steep descent to the holy pilgrimage site of Muktinath. A couple of days are spent trekking through the lower Mustang district and some very pretty Thakali villages towards the small town of Tatopani. Tatopani is renowned for its good food and hot springs for bathing.

The following day is a long one up to the settlement of Ghorepani for sunrise views followed the next day with an early morning trek to Poon hill for spectacular sunrise views of both the Dhaulagiri and Annapurna range. The last day we descended steeply to the scenic village of Ghandruk Village. The final day is a 6 hour trek to Nayapul & followed by a bus ride to Pokhara.

## Itinerary

### **Day Day 01: Arrival Kathmandu & transfer hotel.**

Arrival in Kathmandu and Transfer to Hotel. Briefing for trekking by our tour Manager.

### **Day Day 02: Sightseeing in Kathmandu valley.**

After breakfast proceeds for sightseeing in Kathmandu including Pashupatinath Stupa Boudhanath Stupa, Kathmandu Durbar Square, Swayambhunath Stupa & Patan Durbar Square. Pashupatinath Temple is situated 5 km east of Kathmandu, the temple of Lord Shiva, Pashupatinath with two tiered golden roof and silver doors is considered one of the holiest shrines of Hindus. The stupa of Boudhanath lies 8km east of Kathmandu. This ancient colossal stupa is one of the biggest in the world and the center of Buddhism in the world. It was listed in the UNESCO Heritage Monument in 1979 After Lunch proceeded for a city tour of Kathmandu visiting Durbar Square, a complex of palaces, courtyard and temples, built between the 12th and 18th centuries, used to be the seat of the ancient Malla kings of Kathmandu. In the afternoon visit the Swoyambunath Stupa and Patan City. Swoyambhunath Stupa, atop the hillock is one of the holiest Buddhist sites in Nepal enlisted in the World Heritage Site. later visit ancient city of Patan Durbar Square, Tibetan Refugee Camp and Handicraft Industrial Estate. Patan City is an enchanting melange of palace buildings, artistic courtyard and former palace complex. One remarkable monument here is a 16th century temple dedicated to the Hindu God Lord Krishna, built entirely of stone.

### **Day Day 03: Drive to Besishahar (6-7 hrs)**

After breakfast our guide will pick you up from Hotel & drive to Besisahar (6-7 hrs) . We can continue our trek to Bhulbhule or stay in Besishahar ( Besisahar). It is about 185km the road from Kathmandu, the road from Kathmandu to Besisahar is interesting for our scenery , you follow the trishuli river for the first 4 hours and again the next river Marshandi river. When you get to Besisahar the scenery of snow capped mountains starts to appear from this small city.

### **Day Day 04: Trek Besisahar to Baundada (1430m)**

After breakfast, your trekking starts today, from where the trail goes up following Khudi, Gurung village, Bhulbhule and Ngadi. When we continue the trail it offers beautiful views of Himalchuli. Also you feel walking with nature following the melodic sound of Khudi river. After about a 6 hours walk we reached our first day destination at Baundada.

### **Day Day 05: Trek Baundanda to Chamje (1560m)**

After breakfast, walking around for 6 hours we will get to our destination today. Crossing rivers, waterfalls and following some small villages, The trail climbs steeply up. You continue to the stone village of Jagat located in Marsyangdi valley. After this, the trail starts to monitor some steepy ups and downs to Chamje through the scenic forests. Following the different nature and heading to altitude mountain is a different experience for you in your life.

### **Day Day 06: Trek Chamje to Dharapani (1881m)**

Today, It takes about 6 hours to get to our destination. We follow the river crossing bridge and we pass through a small village like Tal. Following the mountain's nature as other days you forget the steepy path that you are walking because of gorgeous scenery and a peaceful environment.

#### **Day Day 07: Trek Dharapani to Chame (2725m)**

The distance is around 6 hours. The trail now leads to the west in Manaslu Himalaya forming a superb scenery of Annapurna II appearing infrequently to the south. As we continue, the Annapurana range offers a fabulous view of the Annapurna range.

#### **Day Day 08: Trek Chame to Pisang (3100m)**

Today, It is about a 5 hours walking trail. We start to Follow steep climb of Bhratang reaching upto Dhukur Pokhari. Some people use a hiking pole for this kind of steepy up going on this trek. After having lunch at Dhukur Pokhari we continued on our way to our destination. The hike from Dhukur Pokhari to Pisang is very easy – pretty flat with two climbs. We crossed frozen waterfalls and great coniferous forests. One can see the Pisang peak along the way very clearly. This peak is used for climbing training in Nepal. Can see more Tibetan style architecture now. There are two villages in upper pisang and lower pisang. It is pretty nice.

#### **Day Day 09: Trek Pisang to Manang (3500m)**

Today, It takes around 5 hours to reach our destination. The initial part of the hike from Pisang to Manang is pretty flat, however there is a steep climb an hour before reaching Humde. The view after the climb is very much rewarding. Beautiful view of the valley with mountains in the background. Last one hour of walking to reach Humde from this high point is pretty much flat. There is an airport at Humde with flights to Pokhara during the tourism season early in the morning. Continuing our beautiful path we reach the lap of Himalaya Manang valley.

#### **Day Day 10: Acclimatization day at Manang.**

Today is the day in Manang village surrounding Manang to acclimatize to the higher elevation you will encounter towards Thorung La; there are many opportunities both easy and strenuous day excursions from Manang. It is possible to climb the ridge to the north of the village for view of the Annapurna IV, Annapurna II and many more Mountains or to descend from the village to the glacier lake at the foot of the huge icefall that drops from the northern slopes of Gangapurna. And in the afternoon explore Manang village, excellent views of the Annapurna II, Annapurna III, and Gangapurna Lake and a small hike to 100

Lama's monastery.

**Day Day 11: Trek Manang to Yak kharka (4090m)**

It takes about 4 hours. After a day's rest in Manange you feel more energy to continue your trek to your today's destination. Now houses are made more of stones rather than wood. The house frame is of wood supported by a Yak skull and horns and it seems decorated. Very innovative way to build- one can see a lot of horns sticking out from the houses. Around afternoon time you reach Yak Kharka and you will have time to rest.

**Day Day 12: Trek Yak kharka to Throung Phedi(4420m)**

It takes around 4 hours today. Thorong Phedi is a small vicinity of busy arrangements for tired trekkers. Mounting the trail, crossing the river and again climbing through the trail, it takes you to Thorong Phedi. Some people also try to hike to the High Camp so that the next day can be easier for them but we do not recommend going to High Camp today because of the altitude. At the bottom of Thorung La Pass, this place gives you a pleasant view.

**Day Day 13: Trek Throung Phedi to Thorongla - la (cross over 5416m), then trek down to Muktinath 3802m)**

It takes around 8 hours today. Today's experience will be a lifetime unforgettable experience- crossing the memorable Thorong La. The journey starts early in the morning from Thorong Phedi to the Thorung La Pass. Each moment you feel hard to walk today through the high-altitude but the outstanding panoramic Himalayan views are so attractive that you love to observe. Also the pass marked by Chortens and prayer flags looks like magnificent views imprinted in your memory. You arrive at Muktinath in the evening about sun set time. The temple is built in the pagoda style dedicated to Lord Vishnu. For Hindus, Muktinath is one of the most important places of pilgrimage.

**Day Day 14: Muktinath to Marpha (2670m), via Kagbeni - Jomsom**

It takes 5 hours today. Following downhill today trekkers start to feel easy to trek. We trek through the Kagbeni, which is also a famous pilgrimage for Hindus. For the anniversary of the death, the son's try to get once in Kagbeni for ritual prayer for their father and mother. After Kagbeni you start to follow Kaligandaki River and after a few hours walk get to Jomsom, some trekkers fly to Pokhara from jomsom if they have short time. We continue our trail to Marpha. Marpha is also famous as the apple capital of Nepal where you can have different items made from apples.

#### **Day Day 15: Trek Marpha to Kalopani (2480m)**

It takes 6 hours gradually down to Kalopani, Today. The magnificent views of Dhaulagari, Tukuhe Peak, Nilgiris and Annapurna I are memorable from this way. The valley opens out, and great views of Dhaulagiri are visible. After Lunch in Kokhethanti we continue our trail to Kalopani, crossing a river, we come across the newly constructed road site before reaching Kalopani.

#### **Day Day 16: Trek Kalopani to Tatopani (1219m)**

It takes 6 hours from Kalopani to Tatopani today. Most of the way is downhill for today. After crossing the bridge at Ghasa we continue our trail down to Dana, before arriving at Dana we see a beautiful waterfall called Rupse Chhahara. Keep going down the Kali Gandaki to the Tatopani, with its welcome hot springs and it makes your legs relax for you after many days' walk.

#### **Day Day 17: Trek Tatopani to Ghorepani (2860m)**

It takes 8 hours today. Walking through Ghara and Sikha we feel different then Manang and mustang, we start to see the villages with patio farmlands. We gradually walked steep up to ascend Ghorepani. We continue the trek to Phalate and Chitre, before a few hours to get to Ghorepani we see rhododendron forest. Next morning we should wake up early in the morning to climb up to Poon Hill.

#### **Day Day 18: Trek Ghorepani to Ghandruk (1951m)**

Early in the morning about 1 hour before the sunrise we climbed up to Poon Hill (3,210m) to catch the moment of impressive sunrise over the Annapurna and Dhaulagiri masses. Poon Hill has been an admiring destination for short time trekkers. After Poon hill it will take 7 hours to our destination today. After breakfast, we continue to trek to Tadapani through the rhododendron forests which makes you forget the tiredness. The trail leads all the way down through the Rhododendron forest to Ghandruk. This is the second-largest Gurung village in Nepal.

#### **Day Day 19: Trek Ghandruk to Pokhara (915m)**

It takes 5 hours to Nayapul and 1 hour drive to Pokhara today. After breakfast we will continue to Nayapul to complete our trek. After many days walking in the mountains, you feel very diverse to be in the city. You can enjoy the lake with mountain views in the background.

#### **Day Day 20: Drive back to Kathmandu (1300m)**

It takes 6 hours to drive back to Kathmandu. Left side's seats of vehicles are nice to enjoy the scenery; the road follows the Trisuli River where you can do the optional trip to Rafting

#### **Day Day 21: Departure to your onward destination**

After Breakfast departure to your onward destination.