

Annapurna Circuit – Round Trekking

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Annapurna Circuit treks completely circumnavigates the Annarpana massif, considered a classic 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).

The 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 an 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 Thorang -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 descend steeply to the scenic village of Ghandruk Village. The final day 6 hour treks to Nayapul & followed by bus ride to the Pokhara.

Itinerary

Day Day 01: Arrival Kathmandu & transfer hotel.

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

Day Day 02: Sightseeing at Kathmandu valley

After breakfast sightseeing in Kathmandu including Pashupatinath Stupa Boudhanth Stupa, Kathmandu Durbar Square, Swyambhnath Stupa & Patan Durbar Square. After breakfast proceed for city tour of Kathmandu visiting Pashupatinath and Boudhanath. 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 proceed for city tour of Kathmandu visiting Durbar Square, complex of palaces, courtyard and temples, built between the 12th and 18th centuries, use 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 Besishar (6-7 hrs) we can continue our trek to Bhulbhule either stay in Besishahar (Besishar). It is about 185km the road from Kathmandu, the road from Kathmandu to Besishar is interesting to our scenery views, you follow the Trishuli river for first 4 hours and again the next river Marshandi river. When you get in Besishar the scenery of snowcap mountains starts to appear from this small city.

Day Day 04: Trek Besishar to Baundada (1430m)

After breakfast Your trekking start 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 6 hours walk we reach our first day destination at Baundada.

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

After breakfast walking around 6 hours we get our destination today. Crossing rivers, waterfalls and following some small village, The trail climbs steeply up. you continue to the stone village of Jagat located on Marsyangdi valley. After this, the trail start to monitor some steepy ups and down 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 our destination. We follow the river crossing bridge and we pass through a small village like Tal. Following the mountains nature as other days you forget the steepy path that you walking because of georgous scenery and peace 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, Annapurana range offers a fabulous view of Annapurna range.

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

Today, It is about 5 hours walking trail. We start to Follow steep climb of Bhratang reaching upto Dhukur Pokhari. some people they use a hiking pole for this kind of steepy up going on this trek. After having lunch at Dhukur Pokhari we continue the way of 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 tibetian style architecture now. There is upper pisang and lower pisang two villages. It is a pretty nice.

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

Today, It takes around 5 hours to reach our destination. The inital part of 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 walk to reach Humde from this high point is pretty much flat. There is an airport at Humde with flights to pokhara during tourism season early in the morning. Continueing our beautiful path we reach at 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 rest in Manange you feel more energy to continue your trek to your today's destination. Now houses is made more of stones rather than wood. The house frame is of wood supported by Yak skull and horns and it seems like decorated. Very innovative way to build- one can see 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 arrangement 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 to High Camp today because of the altitude. At the bottom of Thorung La Pass, this place gives your 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 scenes are such attractive that you love to observe. Also pass marked by Chortens and prayer flags looks magnificent views imprinted in your memory. You arrive at Muktinath at 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 famous pilgrimage for Hindus. For the anniversary of death people that son's try to get once in Kagbeni for ritual prayer for those father and

mother. After Kagbeni you start to follow Kaligandaki River and after few hours walk get to Jomsom, some trekkers they 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 apple.

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 is 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 meet come across the newly constructed road site at 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 Dana we see a beautiful water fall called Rupse Chahara. 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 walk steep up to ascend Ghorepani. We continue the trek to Phalate and Chitre, before few hours to get 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 of the sunrise we climb up to Poon Hill (3,210m) to catch the moment of impressive sunrise over the Annapurna and Dhaulagiri massifs. Poon Hill has been admiring destination for short time trekkers. After Poon Hill it will take 7 hours to our destination today. After breakfast, we continue 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 continue trek to Nayapul to complete our trek. After many days walking in mountain, you feel very much diverse to be in city. You can enjoy the lake with mountain views on background.

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

It takes 6 hours drive back to Kathmandu. Left side's seats of vehicles are nice to enjoy the scenery; the road follows by 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.