

Annapurna Circuit Trek – Ambition Himalaya Treks Pvt. Ltd.

Trip Overview: This is one of the glorious treks which continue through Marshyangdi River on the first part. While after crossing the Thorung La (5416m.) it rapidly descends to the deepest gorge of the world being on the side of the Kali Gandaki River. The Annapurna Circuit series is wealthy in diversities & panoramas, beginning from the blossoming green fields to the infertile elevated Himalayan heart, through its environmental and enlightening mixture supplies you the comprehensive trekking familiarity. As you trek all along the trail, viewing the gorgeous Annapurna panorama & charming community existence will always try to remain you fascinated with them, constantly.

Annapurna Circuit Trek is done inside the Annapurna Conservation Area Project and it's illegal to do any kind of trekking or visit inside the area without entry permit. This project has a total area of 7,629 sq. Kilometers. This project was launched in 1968 by King Mahendra Trust for Nature Conservation. The biological diversity of the Annapurna Region is equally rivaled by its rich cultural diversity. Since the first trekker came to the Annapurna area in 1957, the natural and cultural features of ACAP have made it the most popular tourist destination in Nepal, drawing more than 60 per cent of the country's total trekkers. ACAP follows the three grass root philosophy of maximum people's participation, sustainability, and its role as at catalyst (facilitator) whereby the local people are involved in all aspects of the conservation and development processes, both as principal actors and prime beneficiaries.

Each year, so many adventure trekkers do this trek as this trek is full of fun with nature. Starting from 820 meters / 2690ft. at Beshisahar, this trek goes to 5,416 meters / 17,769ft at Thorong La Pass. The trek is suitable for adventure lovers from all over the world. Each day the trek comes with different taste of nature so that people who have holiday of more than 20 days can try this trek.

Facts:

Maximum Height	5,416 meters / 17,769 ft.
Grade	Moderate
Season	Spring / Autumn
Accommodation	Hotels / Tea Houses
Total Duration	22 Days Total (17 Days Trekking)
Trekking Starting Point	Beshisahar
Trekking Ending Point	Nayapul

Day to Day Itinerary for Annapurna Circuit Trek:

Day 01

Arrival in Kathmandu

Entering the city of Temple; Kathmandu with a panoramic adventure flying on a clear day would definitely be an adventure experience. Our airport representative and driver will be waiting for you to pick you up from airport to your hotel. Our airport representative will take you to your hotel. In the evening you will have briefing about your trip from your guide.

Annapurna Circuit Trek – Ambition Himalaya Treks Pvt. Ltd.

Accommodation: Hotel

Maximum Height: 1300m / 4265ft.

Day 02

Kathmandu valley sightseeing & preparation of your Trek

Kathmandu is known for its historical and cultural values. One can't say that how many temples exist in Kathmandu valley and how important are they. After having your breakfast, your day will start with our guided tour of Kathmandu valley which includes world heritage listed sites includes Swoyambhunath or The Monkey Temple, Pashupatinath; the famous Hindu Temple, Patan Durbar Square and finally The Kathmandu Durbar Square.

Accommodation: Hotel

Maximum Height: 1300m / 4265ft.

Approximate Duration: 5 – 6 Hours

Day 03

Drive from Kathmandu to Beshisahar

Early in the morning you will take deluxe local bus / private car from Kathmandu to Beshisahar. The drive goes through the beautiful Nepalese countryside. Beshisahar is the headquarters of Lamjung district. The drive is not so long and takes around 6/7 hours by local bus and 5/6 hours by private car. From Beshisahar, with our high planning for Annapurna Circuit Trek with active substantial fitness, sufficient acclimatization and enjoying with nature, we will commence our Annapurna circuit trekking from here on the very next day.

Accommodation: Lodge

Maximum Height: 820 meters / 2690ft.

Approximate Duration: 6/7 hours

Day 04

Trek to Bahundanda

While we start our trek from Beshisahar to the north of Marshyangdi valley, we will have great glimpse of Mt. Hiunchuli and Ngadi Chuli (Also called Peak 29); and parts of the Annapurna Ranges. Passing through the small wooden and suspension bridges we will reach Ngadi. We will stop our trek temporarily in Ngadi for lunch then again continue to Bahundanda for overnight stay. After Ngadi village we will cross a suspension bridge and we will be passing through small but beautiful thundering waterfalls towering from the top of the mountains. Bahundanda is a nice village situated on the top of a green mountain.

Accommodation: Lodge

Maximum Height: 1,300 meters / 4,265ft.

Approximate Duration: 5/6 hours

Annapurna Circuit Trek – Ambition Himalaya Treks Pvt. Ltd.

Day 05

Trek to Chamje

We will have our breakfast in the lodge and then start our trek to our next destination, Chamje. On the first part of the trail, it descends towards a river. Just after crossing a suspension bridge we will reach a small village called Syange. Here, we will meet seasonable road and then we will follow the road gradually ascending up to the Jagat village; where we will stop for our lunch. After our lunch in Jagat, we will again continue our trek to Chamje for overnight stay through beautiful green hill and passing out with small towering waterfalls over the mountain.

Accommodation: Lodge

Maximum Height: 1,400 meters / 4,593ft.

Approximate Duration: 5/6 hours

Day 06

Trek to Dharapani

After having our breakfast, we will start our trek to our next destination, Dharapani means Tap water. After a short walk from Chamje, it will bring us to a suspension bridge to cross Marshayangdi River. And, then the trail comes with uphill trail for about 2/3 hours and then, we will be reaching Tal. Normally, Tal represents Lake, but there are not any lakes around. We will stop for about 1 hour in Tal for our lunch and then again continue our trek to Dharapani.

Accommodation: Lodge

Maximum Height: 1,950 meters / 6,397ft.

Approximate Duration: 5/6 hours

Day 07

Trek to Chame

Chame is the headquarters of Manang district which is our next destination for overnight stay. From Chame, because of the alteration in the vegetation, direction and landscapes the air gets cooler. From Tal, after trekking for around 1 hour, we will reach first village called Bagarchap. And, then while continuing our trek; we will reach another village called Danakyu. From Danakyu, there are 2 trails to go to Chame, one from the northern side and another from the southern side. But, the northern trail has landslides so that we will continue our trek through the southern side and meet a new village called Timang, where we will stop for our lunch. From here we will get very nice views of Manasu ranges. After getting lunch here, we will again continue our trek to Chame for our overnight stay. Chame is scattered in narrow space and is built with Tibetan architects. Just on the other side of the Chame, there is small natural hot spring.

Accommodation: Lodge

Maximum Height: 2,680 meters / 8,792ft.

Approximate Duration: 6/7 hours

Annapurna Circuit Trek – Ambition Himalaya Treks Pvt. Ltd.

Day 08

Trek to Pisang

In the morning we will get magnificent views of Lamjung Himal and then we will start our trek from Pisang for another stay. Just about in 2/3 minutes from Chame, we will cross a small suspension bridge and continue our trek from the next side. Our trekking follows throughout barley meadow heading to another village called Teleku. While continuing our trek, we will meet another village with beautiful apple orchard near the bridge, called Brantang where a stone monument of a Japanese climber has been built. After continuing further from here, we will reach another village called Dhikur Pokhari where we will stop for our lunch. And then we will follow moderate flat trail to Lower Pisang. Just after leaving Dhikur Pokhari you will have a magnificent view of Pisang Peak. And actually Pisang has 2 parts, Lower and Upper Pisang. If you reach Pisang early, then you can try to do short hike to Upper Pisang, where you can meet a very old and traditional Buddhist Monastery.

Accommodation: Lodge

Maximum Height: 3,200 meters / 10,498ft.

Approximate Duration: 5/6 hours

Day 09

Trek to Manang

Manang is another wonderful place of this trekking. We will start our trek after having sizzling breakfast in the hotel. The trek starts with pleasant walk through pine forest and scenic views of silvering White Mountains. On the trek, while we follow moderately flat trail for around 2 hours we will reach Humde, where a small air strip exists. This beautiful place offers you very pleasant views of Annapurnas, Tilicho Peak, Gangapurna, Pisang Peak and Chulu East. As we pass Mugje village and continue, we will reach another traditional village called Bhaga where we will stop for the lunch. And, then more walking for around 1:30 hours we will reach our destination for Today; Manang.

Accommodation: Lodge

Maximum Height: 3,540 meters / 11,614ft.

Approximate Duration: 4/5 hours

Day 10

Rest and Acclimatize in Manang

This amazing place Manang has lots of things to relax so that there won't be boring on this rest day. The village with stunning views of Annapurna range, Tilicho, Gangapurna etc. shows majestic impression for a visitor. During the day, you can go for a documentary show of Himalayan Rescue Association or you can go for a latest English movie with small projector in small money. Going for listening speech of a volunteer doctor of Himalayan Rescue Association would help you a lot regarding Altitude Sickness, prevention, medication etc.

Annapurna Circuit Trek – Ambition Himalaya Treks Pvt. Ltd.

Accommodation: Lodge

Maximum Height: 3,540 meters / 11,614ft.

Approximate Duration:

Day 11

Trek to Yak Kharka

You will have breakfast in the hotel and then start your short day trek to Yak Kharka. On the way, you might see some trekkers with Altitude sickness and returning back to Manang. So, we also suggest you to be careful with altitude sickness and talk to your guide if you feel any unusualness. On the first part, the trail starts with slower uphill until Tenki Manang. This was the actual Manang before the settlement of people on current Manang. Tenki Manang offers you very enclosed shot of Annapurna, Gangapurna and Tilicho peaks. After Tenki Manang, the trail goes flat for awhile and then we will start walking to uphill to reach Yak Kharka. Yak Kharka is very small countryside and has not more than 6/7 hotels.

Accommodation: Lodge

Maximum Height: 4,020 meters / 13,188ft.

Approximate Duration: 3/4 hours

Day 12

Trek to Thorong Phedi

Starting gentle walk after having breakfast in Yak Kharka will take you to Thorong Phedi. Still the trek offers you very nice views of towering snow capped mountains. 1 hour walk from Yak Kharka will take us to another village called Ledar where we will stop to have warm tea. And then we will continue to make your journey to Thorong Phedi. After Ledar, the trail goes flat for a while and then descends to a wooden bridge. Just after crossing the bridge, we will reach a landslide place. While we will pass the landslide, we will walk gentle uphill for a while and then we will reach Thorong Phedi. Thorong Phedi normally means Base of Thorong Himal.

Accommodation: Lodge

Maximum Height: 4,450 meters / 14,599ft.

Approximate Duration: 4/5 hours

Day 13

Trek to Muktinath (3,800 meters / 12,467ft.) via Thorong Pass (5,416 meters / 17,769ft.)

We need to start our trek early in the morning in around 4/5 am. This is the hardest and longest day of our whole trek. On the first part, we will trek uphill for around 4/5 hours until the Thorong Pass. The trail just becomes steep as we will start from the lodge. But the local people have used this trail since hundreds of years. You may find many trekkers on the way crossing the highest point of the trek. The pass has a board giving its identity. Definitely, we will feel victory as we will reach the top. There is a tea shop on the top where you can have a glass of warm tea / coffee and take some pictures of the mountains all around you.

Annapurna Circuit Trek – Ambition Himalaya Treks Pvt. Ltd.

Moreover, we will start our trek descending down to Muktinath. The trail is steep and it's normal that if you sleep once or twice. While descending down to Muktinath, we will have lots of sceneries of Kaligandaki valley and restricted Upper Mustang area.

Accommodation: Lodge

Maximum Height: 5,416 meters / 17,769ft.

Approximate Duration: 8/9 hours

Day 14

Trek to Marpha

After saying goodbye for Muktinath Temple, we will be following downhill trail to Jomsom through Kaligandaki river valley with panoramic views of Annapurna and Tukucho ranges. The trail is flat and downhill and is very easy to follow. We will be able to reach Jomsom within our lunch time. Jomsom is the administrative headquarters of Mustang district. We will have our lunch in Jomsom and continue to Marpha for 2 more hours. Marpha is known as delightful apple kingdom on Nepal. Marpha is popular for tasty and juicy apples.

Accommodation: Lodge

Maximum Height: 2,600 meters / 8,530ft.

Approximate Duration: 6/7 Hours

Day 15

Trek to Kalopani

Leaving the tasty apples of Marpha village, we will continue our trek to another village called Kalopani (Means Black Water). After walking for around 2 hours from Marpha, we will reach a village called Tukucho where you can taste original Dutch bakery. From here you can get stunning view of Tukucho peak in front of your eyes. And walking another 1:30 hour from Tukucho, we will reach another place called Larjung where we will stop for our lunch. After lunch, we will continue our trek to Kalopani for our overnight stay. Still from Kalopani, you will have great views of Annapurna I, Dhaulagiri and Nilgiri. The trail is easy to trek and we will be following seasonable trail on the whole way.

Accommodation: Lodge

Maximum Height: 2,530 meters / 8,300ft.

Approximate Duration: 5:30/6 Hours

Day 16

Trek to Tatopani (Hot Spring)

We will have breakfast in the hotel and then start our trek to Tatopani. First we will walk for around 2 hours and we will reach a village called Ghasa. We will check our permits and then again continue for another 2 hours to reach Rukse Chhahara (Waterfall) for our lunch. There is very nice thundering waterfall towering from the top on the mountains. After Rukse Chhahara, we will walk for around 30 minutes where we will reach Dana. Dana is known as world's deepest gorge. Moreover, we will make

Annapurna Circuit Trek – Ambition Himalaya Treks Pvt. Ltd.

our trek for other 1:30 hours to reach Tatopani. Tatopani is very nice village and has natural hot spring as it's attraction of the trekkers.

Accommodation: Lodge

Maximum Height: 1,200 meters / 3,937ft.

Approximate Duration: 6/7 Hours

Day 17

Trek to Sikha

We will start our trek after crossing a suspension bridge over Kaligandaki River just down to the Tatopani village. After crossing the bridge the trail suddenly goes steep up through farms and villages along the trail. The trail is short but tough to follow. The very first village comes is Ghara in around 2 hours. While we continue more for around 2 hours we will reach Sikha where we will make our lunch and dinner in the same place.

Accommodation: Lodge

Maximum Height: 2,000 meters / 6,561ft.

Approximate Duration: 4/5 Hours

Day 18

Trek to Ghorepani

Trek to Ghorepani is more uphill trail for around 3/4 hours. The trail goes through beautiful rhododendron forest all the way. Ghorepani is really great destination for viewing mountain sceneries. Ghorepani offers excellent views of Mt. Annapurna range, Mt. Dhaulagiri range and other numbers of peaks surroundings. After making you success trek to Ghorepani, you can rest remaining time and prepare for your next day trek to Birethanti and drive to Pokhara.

Accommodation: Lodge

Maximum Height: 2,850 meters / 9,350ft.

Approximate Duration: 3/4 Hours

Day 19

Trek to Birethanti and Drive to Pokhara

This day goes all the way through gloominess of gorgeous looking rhododendron forest and oak forests and traditional villages of Gurungs always with amazing landscapes with Himalayan sceneries. Definitely, those heart breaking sceneries will provide you internal command to climb the slight steps of downhill trails. After we reach Birethanti, we will catch private van heading to Pokhara. The drive takes around 1 hour to reach Pokhara.

Accommodation: Hotel

Approximate Duration: 6/7 Hours trek and 1 Hour drive

Annapurna Circuit Trek – Ambition Himalaya Treks Pvt. Ltd.

Day 20

Pokhara valley exploration

Visit and walk around Pokhara. You can visit some interesting places like Mountaineering Museum, Tibetan refugee camp, peaceful lakes etc.

Accommodation: Hotel

Approximate Duration: On your own

Day 21

Drive back to Kathmandu

On this day, we will catch a tourist bus from Pokhara and drive back to Kathmandu. The drive takes approximately 6/7 hours by a tourist bus and private car is optional.

Accommodation: Hotel

Approximate Duration: 6/7 Hours

Day 22

Departure or Extend of your trip

Cost Includes and Excludes:

Cost Includes:

1. Airport arrival and departure by private vehicle
2. 4 star hotel accommodation in Kathmandu and deluxe hotel in Pokhara
3. All local transportation by private vehicle in Kathmandu & Pokhara
4. Welcome & farewell dinner in Kathmandu
5. Sightseeing trip with city tour guide in Kathmandu as per itinerary & monument entry fees
6. Kathmandu to Beshisahar by local bus & return by regular tourist bus
7. Nayapul to Pokhara drive by private vehicle
8. Meal on full board (breakfast, lunch, dinner, tea & coffee) basis during the trek
9. Accommodation on teahouse/lodge during the trek
10. Trek leader (English speaking, First Aid and eco trained), Sherpa helper and all payments
11. Annapurna Conservation entry fee and permit
12. Trekker's Information Management System [TIMS] permit
13. Down jacket and four seasonal sleeping bag
14. Exclusive medical kit bag
15. All government and local taxes

Cost Excludes:

Annapurna Circuit Trek – Ambition Himalaya Treks Pvt. Ltd.

1. Visa fees, intl. airfare & departure taxes
2. Excess baggage charges
3. Lunch and dinner in city
4. Travel and rescue insurance
5. Personal expenses e.g. phone calls, laundry, bar bills & extra porters
6. Tips for driver, guides and porters
7. Any service does not includes in service inclusive column

Acclimatization and High Altitude Sickness: Altitude is defined on the following scale High (8,000 - 12,000 feet [2,438 - 3,658 meters]), Very High (12,000 - 18,000 feet [3,658 - 5,487 meters]), and Extremely High (18,000+ feet [5,500+ meters]). Since few people have been to such altitudes, it is hard to know who may be affected.

Guide, Porters and Staffs Arrangement: Ambition Himalaya Treks and Expeditions Pvt. Ltd. has permanent trekking crews who are already trained and licensed from the government of Nepal. We always provide you permanent and experienced crews for your any trip in Nepal. Our staffs are licensed from the government of Nepal, qualified, experienced and eco trained so that they are perfect for your adventure trips in Nepal. We have permanent local staffs working with us who are the backbone of their particular society.

Our guides / leaders have good capacity to speak English language. They will give you chances to practice some of our local greeting which can add your more pleasure on your adventure travel with us. Our guides and porters are experienced in the routes, practices local cultures and have great respect of local community.

We would also like to tell you that as our guides and helpers will provide you high respect as if you also reply them the same kind of respect it would be great on your trip.

Experience, Health & Fitness of You: Normally, a healthy person who has strong desire of adventure can do adventure travel with us. We suggest you to be well prepared physically and mentally to cooperate with us. We recommend you to say us any kind of previous and current health problems that you have faced or facing on the time of booking your trip with us. That will make us to take decision on your adventure that you are fit enough to experience adventure or not. On something wrong, and if you need medical treatment and rescue then it's your responsibility to pay the expenses and Ambition Himalaya Treks and Expeditions Pvt. Ltd. or any staffs of our company will not be responsible for that. We also recommend you to consult with your doctor before starting your travel. We reserve the rights to check your medical checkup certificates if required.

Annapurna Circuit Trek – Ambition Himalaya Treks Pvt. Ltd.

Normally, trekking is done on high altitude area. Because of that we suggest you to talk with your guide for any kind of new difficulties or health problem you face. Your guide is trained so he might give your required suggestions or medicines for the betterment of your health.

Pre Trip Meeting in Kathmandu: Ambition Himalaya Treks and Expeditions Pvt. Ltd. will have a short meeting with you before starting your trip. Normally, we held this meeting before starting your trip with us or most of the time we start this trek on the first evening of your arrival. You will be introduced your trek guide and you can talk with him about your adventure trek, any questions regarding the trip, about his experiences, qualifications or any other things. That means you will have opportunity to talk face to face regarding your trip. He may give you short briefing about your trips.

Accommodations in Kathmandu and Trek: Ambition Himalaya Treks and Expeditions Pvt. Ltd. will provide 4 star hotels in Thamel, Kathmandu. Thamel is the most touristic city of Kathmandu. While talking about Pokhara, we provide your 3 star hotels. Regarding the trekking, you will have cozy tea house / lodge. We give priority for hygiene, standards of the services, location etc. During the trek, your guide will take you in nice hotel where you might have chances to experience typical Nepalese style and you will be offered hygienic foods. Our accommodations are based in twin sharing facility and if there are difficulties in twin sharing we will provide you extra room without any supplementary charges. But we recommend you to tell us regarding this before booking your trip with us.

Toilet Facilities: In Kathmandu you will have private toilets and bathrooms but regarding the trek in the remote area, you will have common toilets. If there is availability of private toilets, then your guide will give your rooms with private toilets and bathrooms.

Meals and Fast Foods: In Kathmandu and Pokhara, your breakfast is included in the itinerary. Lunch and dinners or any other meals are not included. But regarding the trek, all meals on full board basis is included. You will have three meals breakfast, lunch and dinner on a day. You will be given a menu to choose your foods. You will have options to choose Nepalese, Chinese, Italian or continental foods from the menu. Each day, you will have dinner and breakfast in the same tea house / lodge the lunch can be in different lodges. Regarding the welcome and farewell dinner, we will provide your typical Nepalese restaurant either in Kathmandu or in Pokhara.

Please remember: Suchlike itinerary prepared here by Ambition Himalaya Treks & Expedition Pvt. Ltd. is for those trekkers who wish to do the absolute package trip. You can apply for your own type of Itinerary for the trip. We are constantly prepared to serve you as per your demand. If you want to customize your excursion, you can request us at any time. You can demand alternative ways as per the

Annapurna Circuit Trek – Ambition Himalaya Treks Pvt. Ltd.

circumstances of your holiday duration, financial situation, private interests etc. If the fixed itinerary doesn't suits per your desire, please fill the 'Customize your itinerary' and send us. We will be delighted to prepare your holiday as per your conditions.



Itinerary copyright:

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