

Annapurna Circuit Trekking

Detail Itinerary

Day

01: Arrive Kathmandu. Meet assist and transfer to hotel. Overnight at hotel.

02: AM – Half day sightseeing tour of Pashupatinath and Boudhanath
PM – Half day sightseeing tour Kathmandu city and Soyambhunath.

03: Drive Kathmandu / Besisahar (760 m). (approx. 6 hrs drive)

After breakfast, drive for 6 hours through beautiful landscapes and arrive Besisahar (approx. 185 km). Overnight at guest house/lodge.

04: Besisahar / Bahun Danda (1310 m) – 5 hrs walk

Trek to Bahun Danda by passing through typical villages and the different faces of the local people. The trail has a mix of ascent and decent as we pass small valleys. Nadi is a settlement of families originally from Manang village while Taranche, immediately above it, is a Gurung village. The last hour and half we climb uphill to reach Bahun Danda. Overnight at guest house/lodge.

05: Bahun Danda / Chamje (1430 m.) – 6 hrs walk

We walk the ridge on which Bahundanda is perched and follow the river to Syange. From here we climb uphill for about an hour to the village of Jagat. There are some great views of the river below as well as of the waterfall across the river. Chamje is another one and half hour following the river. Overnight at guest house/lodge.

06: Chamje / Dharapani (1860 m.) – 6 hrs walk

Today we are meeting the people who are said to have migrated from Tibet long ago as you pass through their village and notice the difference in the lifestyle of the people and their settlements. We cross the suspension bridge below Chamje and climb two steep sections of the trail to reach the village of Tal. Tal is populated with Gurungs and Tibetans. From the end of the valley above Tal, the trail rises steeply initially and then rises and falls as it cuts across the mountain side to Dharapani. Overnight at guest house/lodge.

07: Dharapani / Chame (2670 m.) – 5 hrs walk

Ascending most of the time we reach Bagarchap, a Tibetan village, within the first hour of trek, followed by Dangyung, a small Tibetan settlement. We then enter dense forest, cross bridges over tributaries and at the foot of a waterfall ascend steep stone steps to reach the new trail to Chame. It will take us about 3 and half hours with some fine views of Annapurna II on the approach to Chame. Overnight at guest house/lodge.

08: Chame / Pisang (3200 m.) – 6 hrs walk

Passing through several rivers climbing up and down between them we reach Taleku in an hour. In just less than two hours, we cross a bridge to the sparsely inhabited settlement of Bartang, former settlement of Khampas which is now an orchard and marks the traditional boundary between Manang area to the north and the predominantly Gurung area to the south. Following the river for about an hour, we cross the bridge and then ascend to the floor of the Manang valley and Lower Pisang. A spectacular rock wall is in view for much of the climb. We notice a real change in the landscape as the area becomes much more arid as we climb. Overnight at guest house/lodge.

09: Pisang / Manang (3540 m.) – 4 hrs walk

We continue to climb encountering the windy and dry atmosphere of the area like in Tibet. The trail rises, first gradually and then more steeply from Lower Pisang to reach the crest of a ridge overlooking the upper Manang Valley. The airfield and settlement area of Ongre are clearly visible from this vantage-point. We then head down to the flat valley floor and reach Ongre, shortly after this we cross the Sabche Khola River with a great view of the amphitheatre formed by Annapurna III and IV. Overnight at guest house/lodge.

10: Rest at Manang.

We take rest in Manang for acclimatization. We may take short hikes around the area during the day if we are not tired. Overnight at guest house/lodge.

11: Manang / Yak Kharka (4018 m) / Thorang Phedi (4450 m)

The way slowly descends through the Manang village. The houses are made by clay and stone and joint each other. The path keeps on going up slowly by crossing the innumerable tiny streams, which come from the Chulu east and Chulu west.

Trek for about an hour to Churi, a small village with few houses. After a while there are two ways for Thorang Phedi. One goes from the next side of the stream and other goes from the same side but have to trek up. The trail from next side of the river is little bit dangerous because the rocks keep on falling down very often from the cliff. Overnight at tented camp.

12: Thorang phedi / Thorang pass (5416 m.) descend to Muktinath (3800 m.) – 10 hrs walk

Today is a challenging day with the involvement of long and difficult ascend to the Thorong Pass. It would take around 7 hrs to complete the climb and 3 hr decent to Muktinath. The views of the Himalaya are magnificent as you climb up and cross this popular pass. Muktinath is a pilgrimage centre for both Buddhists and Hindus, it is home of Lord Vishnu and Buddhist monasteries. It is believed that you get freedom from all suffering of life by visiting this temple. Overnight at guest house/lodge.

13: Muktinath / Kagbeni (2800 m.) – 3 hrs walk

We have already completed the hardest trekking and most of the ascending. Now we mostly have descends in our remaining days. From Muktinath, the trail goes down through Kali Gandaki valley to Kagbeni, another religious site on the bank of Kali Gandaki. Overnight at guest house/lodge.

14: Kagbeni / Jomsom (2710 m) / Marpha (2670 m.) – 5 hrs walk

Trek from Kagbeni to Jomosm and continue trekking to Marpha. It is tiny little village famous for apple growing. Apple brandy made here is very popular and worth testing. Overnight at guest house/lodge.

15: Marpha / Kalopani (2530 m.) – 6 hrs walk

We follow the path on the west side of the river then on the new road through beautiful Thakali Villages with decorated houses and wide paved streets. We cross the river for lunch in Koketanti, then back again to follow

the stone path through pine woods and fields to Kalopani. Kalopani is a very smart town nestling below the Dhaulagiri Icefall.

16: Kalopani / Tatopani (1190 m.) – 6 hrs walk

It is nearly all downhill today, mostly on paths through fields and orchards, but sometimes on the road being built by hand up to Muktinath. We stop for lunch at Rukse Chhahara, close to a huge waterfall. We continue on down into the deepest valley in the world to the town of Tatopani (hot water), where we can soak in the hot springs by the river before indulging in fish and chips in the town.

17-18: Tatopani / Shikha (1935 m) / Ghorepani (2750 m) – 8 hrs

Again cross the long suspension bridge over the Kali Gandaki then again Do Khola (stream) the path goes rapidly up via Ghara and Shikha villages. You will gain about 1500m high today. The stunning view of Mt. Dhaulagiri is just in front of you.

Keep continue to uphill trek through thick, lush Rhododendron forest. In spring season, the place looks like a heaven, when the Rhododendron is in bloom. Ghorepani is one of the magnificent villages in the area. A good place to see owe inspiring view of Annapurna and Dhaulagiri massive.

19: Ghorepani / Ghandruk (1940 m.) – 7 hrs walk

Early in the morning, we will climb for one hour to the top of Poon Hill. Poon Hill is one of the most popular vantage points of this trek, it is situated at an elevation of 3210m. From here we can see the tremendous views of Dhaulagiri and the Annapurna range. After enjoying the views for a while, we return to Ghorepani village and after breakfast start our trek to Ghandruk.

The trail climbs south on path through deep forests. It finally emerges on a grassy knoll which offers good mountain views, including a view of Machhapuchhare (not visible from Ghorepani) and a panorama all the way south to the plains of India. It is a similar view to that from Poon Hill. We climb along the ridge in pine and rhododendron forests to a crest at 3030m, then descend to cross a second pass, at 2960m. The trail then descends steeply to a stream before the climbing again through the forest to Tadapani. The trail descends steeply from Tadapani through the forest to a clearing, a short steep descent among rocks leads to a stream crossing then we descend gently pass other streams and finally down towards Ghandruk. The trail reaches the edge of Ghandruk near the tin roofed handicraft factory, and then descends on stone steps into the maze of the village itself.

20: Ghandruk / Pothana (1900 m). – 5 hrs walk

The trek from Ghandruk to Landruk is the steepest part of the entire trek. The descent from Ghandruk to Kyumi at the bank of Modi khola is almost 70 degrees vertical. Then have to climb up to Landruk which is almost equally steep but shorter. Though a straight line distance between the two villages would not be more than 500 meters. From Landruk the trek is pretty easy for the first hour, somewhat steep for the next two or three (till Deurali) and a gentle downhill to Pothana through the forests. Pothana is a small town with 10 or 12 lodges and offer the best-so-far view of the Machhapuchhre.

21: End trek at Phedi (approx. 3 hrs walk) and drive to Pokhara (approx. 30 min drive).

The remainder of the trek is gradual downhill through the village of Dhampus to Phedi. It takes about two hours to reach Phedi. Dhampus is the exit point of the ACAP region and foreigners need to check out here. Phedi is connected to the highway by a graveled road with some jeeps offering a ride to Pokhara and it is in the Bhupi Sherchan Highway (Pokhara to Baglung). From here drive to Pokhara

22: Pokhara

Half day sightseeing tour in Pokhara covering Devi's Fall, Seti Gorge, Bendebasini temple and local market.

23: Drive back to Kathmandu. Evening Nepalese cultural program followed by farewell dinner. Overnight at hotel.

24: Transfer to airport for departure flight.