

ANNAPURNA CIRCUIT

"adventure through the Marshyangdi & Kaligandaki Valley"

Trek Grade: Moderate/Adventurous
Trekking: 18 / 19 days.
Total Trip: 23 / 24 days.
High-light: diverse picturesque scenery, from the paddy terraces to the high arctic terrain, constant views of the world's highest mountain range including Annapurna, Manaslu and Dhaulagiris.
Worlds deepest Gorge in the backdrop of traditional Buddhist culture, charming villages in the ancient trans-himalayan trade route.

Introduction:

This is one of the classic and most rewarding treks in Nepal offering grand view of the three highest 8000m mountain range Mt. Annapurna, Mt. Dhaulagiri and Mt. Manaslu including arrays of over 6000m snow capped peaks. The trail follows the river Marsyangdi all the way to its source, the glacial lake in Manang, through the rural farm villages and terraced farm fields from the sub-tropic climate to the arctic landscape and through the rain forest to the alpine woodlands.



Southern slopes of the Manaslu and Annapurna ranges are heavily settled and farmed, except the higher regions which support thick forests of rhododendron and fir. Most of the tribal inhabitants are Gurungs, Magars, Chhetris and the Newars.

Further north lives the Manang people of Tibetan origin. Our trek follows the Yak country and finally over to the Thorung-la, 5,420m pass with amazing views of the surrounding landscapes and magnificent peaks. After the strenuous walk up to the top of Thorang-la we reach the highest point of this trek. The trail descends most of the way to Pokhara passing through the holy site of Muktinath. Muktinath is one of the sources of the Kali Gandaki River. Through the deepest gorge of Kali Gandaki River valley and passing the charming villages of Jomsom, Marpha-Tukuche and Tatopani (hot spring) we end our trek at Pokhara one of the most scenic places on this planet.

The dramatic deep valleys and mountain scenery is the reason for this trek, and the experience is truly awe-inspiring.



Outline Itinerary:

- Day 01: Arrive at Kathmandu. Transfer to Hotel.**
Day 02: In Kathmandu. Half Day guided tour.
Day 03: Drive to Beshishar 823m. 5-6 hrs journey.
Day 04: Trek to Nagdi 1,430m. 4-5 hrs.
Day 05: Trek to Jagat. 1,290m. 6 hrs walks.
Day 06: Trek to Dharapani 1,860m. Approx. 6hrs.
Day 07: Trek to Chame. 2,715m. Approx. 5-6 hrs.
Day 08: Trek to Pisang 3,185m. Approx. 6 hrs.
Day 09: Trek to Manang. 3,350m. Approx. 4-5 hrs.
Day 10: Rest day at Manang.
Day 11: Trek to Yak Kharka. Approx. 4,130m. 3-4 hrs.
Day 12: Trek to Thorung Phedi. 4,400m. Approx. 6hrs walks.
Day 13: Trek to Muktinath 3,800m.via Thorang-la 5,415m. Approx. 6-8 hrs.
Day 14: Trek to Marpha 2,670m. 6 hrs walks.
Day 15: Trek to Lete, 2,480m. 6hrs walk.
Day 16: Trek to Tatopani 1,100m. Approx. 5-6 hrs.
Day 17: Trek to Ghorepani 2,750 m. Approx. 6-7 hrs.
Day 18: Trek to Tadapani. 2,721 m approx 5 hours walk.
Day 19: Trek to Ghandrung 1,960m. 3-4 hrs.
Day 20: Trek to Pothana. 1,900m. 5-6hrs.
Day 21: Trek to Phedi and drive to Pokhara 860m approx 3-4 hours walk and half hour drive.
Day 22: From Pokhara Fly to Kathmandu.
Day 23: In Kathmandu.
Day 24: Transfer to Airport for the International departure.

Trip Dossier:

Day 01: Arrive at Kathmandu. Transfer to Hotel.

On arrival at Kathmandu Tribhuvan International Airport you will be received by our staff and will escort you to the Hotel, where one of our staff will give you a brief orientation of the Hotel, Kathmandu, Trekking, do's and don't and other related information that you might require while in Nepal.

Day 02: In Kathmandu.

After your first night in Kathmandu, you will be well informed on arrival about the time for your half day guided sightseeing tour in Kathmandu at places of interest. Sometime, depending upon your flight arrival if it's late in the night we will do this tour in the afternoon instead of morning to give you a nice rest before you venture out of the Hotel for our interesting tour.



Day 03: Drive to Beshishar 823m. 6-7 hrs journeys.

Early breakfast, then travel by a Bus towards the scenic Pokhara highway. This is an interesting drive through the foothills of the Himalaya. The road has been greatly improved in recent years. Just two hours before the road that leads to Pokhara, our route diverts from the town village of Dumre towards north to Beshishar. On arriving Beshishar check into the lodge. Beshishar a large town and it's the district headquarter of Lamjung area.

Day 04: Trek to Nagdi, 1,430m. 4-5 hrs.

The morning walk follows the Marshyangdi River upstream on the newly built jeep road on the dirt track, the walk avoids the motor able roads in between reaching at Bulbule for lunch, from here walk continues for another two hours till Nagdi village is reached for the overnight stop.

Day 05: Trek to Jagat. 1,290m. 6 hrs walks.

Today's walk begins with an easy winding path from Ngadi for an hour crossing this same river via a suspension bridge. The trail follows to a steep climb for half an hour, on arriving the lush farm terraces field the walk again gets gradual for a short while, as the going gets better another half hour climb brings you at the top of Bhaundanda. Bhaundanda a small village, perched high on top of the ridge from the Marsyangdi river valley. After a short break here, the trek descends passing through the farm terraces then reaching back to a gradual winding path for an hour and a half before Syange village, a short downhill walk brings you close to the river with great view of the water falls on the other side of the Marsyangdi river. Syange village is reached after crossing a long suspension bridge, with a short break here our trek continues on the gradual path for a short while, then climbing up above away from the river, the steep climb lasts for an hour. Once on the top of the ridge, magnificent view of the raging waterfalls can be seen on route to Jagat near the nearby cliff wall. From here another hour of pleasant walk brings you to our overnight camp at Jagat.

Day 06: Trek to Dharapani 1,860m. Approx. 6hrs.

After this village Jagat, a gradual walk leads through the terraced farms as we come to Chamje village, from Chamje a short walk brings us to a suspension bridge over the raging Marsyangdi river, after the crossing the bridge it's another steep climb for another 2-3 hours till Tal is reached, the village is situated on the gorge-valley by the side of the river Marsyangdi. On leaving Taal after a break, the walk gets easier on the gentle path till we come to a wooden bridge, after the bridge a short climb to a small place with few teahouses, from this spot the walk winds on the up and downhill path coming to a large bridge, after the bridge another hour of great walk brings us to the village of Dharapani.

Day 07: Trek to Chame. 2,715m. Approx. 5-6 hrs.

From Dharapani the vegetation, people and the landscapes changes and the air will gets cooler, the trail then climb through forests to Bagarchhap, the first village on the trek with typical Tibetan architecture. After a pleasant cool morning walk to Bagarchhap, the altitude slowly gains as we come closer to the apple country at Dhanaqi and to the alpine region passing through farm, orchards and beautiful pine forest with views of towering peaks of Lamjung and Annapurna II, the trail follows the river Marsyangdi upstream passing by the villages of Ratamanang and Koto before Chame.



From Koto, half hour of easy walk brings you to the village town of Chame an important place of Manang region. Camp is made near by this village or in the middle of the pine wood near the fresh running river of Marsyangdi. After a approx. 6 hours of good walk.

Day 08: Trek to Pisang 3,185m. Approx. 6 hrs.

The walk from here follows the other side of the river on the northern bank, after leaving Chame, the path passes through pine woods and small villages with few ups and downs till you reach the orchard village of Bratang. From here we continue on the gradual path up to a bridge, from the bridge a short steep climb through the pine forest brings you at the top of the ridge of Pisang village. After walking out of the tree line a great view of Pisang peak on the north and the Chulu peak can be seen with Pisang village below you, from this top a gentle descent of one hour brings you to windswept village of Pisang.

Day 09: Trek to Manang. 3,350m. Approx. 4-5 hrs.

From Pisang onwards the walk leads with constant view of the high snow capped peaks. The walk climbs steeply up for half an hour, after a short gradual walk from the Pisang village. On reaching the top, stop at a ridge to get our first view of the Manang valley, a wide U shaped valley hanging between the two lines of snow peaks. This grand spot offers a dramatic views of the valleys, Hongdre village with its short air-strip and the great peaks of Gangapurna, Annapurna II, III, Tilicho, and on the right Chuli east, on the back Pisang peak. The walk is downhill and gradual all the way to Hongdre, from Hongdre the trek is more or less gradual on the wide path most of the way to Manang, adding a slight touch of altitude as you near the village of Braga and Manang, here we will have time to spend the morning visiting Braga Monastery. The largest in the district, it has an outstanding display of statues, thangkas and the religious manuscripts. From here it is only an hour walk to Manang for the overnight stop.

Day 10: Rest day at Manang.

A necessary day to REST and acclimatize and explore Manang. The village of about 500 flat-roofed houses, is the picturesque set amongst some spectacular scenery -Annapurna II, Annapurna III [7,555 mtrs.], Gangapurna [7,454 mtrs.] to the South - Tilicho [7,132 mtrs.] and the Grand Barrier to the West - Chulu West [6,583 mtrs.] and Chulu East [6,059 mtrs.] to the North.

Day 11: Manang to Yak Kharka. Approx. 4,130m. 3-4 hrs trek.

After a wonderful time at Manang, the trail from here leads to a slow climb up for an hour, after the last village of Manang, the track gently winds up offering inspiring views of the Annapurna II, Gangapurna, Tilicho and the close up view of Chuli mid and west as the trail heads up in the barren windswept terrain's with juniper bushes as the only surviving vegetation around this region, coming to a small settlements of Yak-Kharka for the overnight camp at large field, with ample for short hike around.



Day 12: Trek to Thorung Phedi. 4,400m. Approx. 6hrs walks.

After a wonderful time at Manang, the trail from here leads to a slow climb up for an hour, after the last village of Manang, the track gently winds up offering inspiring views of the Annapurna II, Gangapurna, Tiloche and the close up view of Chuli mid and west as the trail heads up in the barren windswept terrain's with juniper bushes as the only surviving vegetation around this region, coming to a small settlements of Yak-Kharka for the overnight camp at large field, with ample for short hike around.

Day 13: Trek to Muktinath 3,800m.via Thorang-la 5,415m.Approx. 6-8 hrs.

Today is the big day going over the highest point of this trek over Thorang-la, we start very early in the morning before the break of dawn after breakfast, so that we can reach the top of the pass before the chill wind starts blowing and to catch the best of the magnificent views of the northern Annapurna, Damudhar, Bhirkuti and Dhaulagiri range of mountains. For this morning walk we advise all to have their flash or torch light handy can be dark for hours on the walk before the sunlight hits the trail. The trail from Phedi follows on the winding scree, gravel path the walk in the beginning can be quite strenuous on the steep zig-zag path for an hour, on reaching the first ridge with time to catch your breathe, walk continues on the narrow gradual track for half hour or more till we reach a small glacial pond with one temporary teahouse shade nearby. From here another hour an half will leads us to the top of the pass on the winding uphill trail. Though the crossing of the Pass is not technically difficult, we take it slowly to take into account the complications of altitude and possible snow. After about four hours of struggle from the bottom, we reach up at the height of 5,415 meter at Thorang-la, from where we can get impressive view of the stunning high Himalayan scenery. The entire Annapurna range in the South, the Muktinath and Mustang Himal to the West, and the incredible deep Kali Gandaki valley, and the surrounding peaks of Thorungtse 6,482 mtrs. and Chulu to the North. The descent is steep and rough, but we can have excellent views of the Dhaulagiri 8,167 m. From here we take a long descend to the sacred village of Muktinath, on reaching the bottom of the pass at the only teahouse around, after a short break here we continue on the gradual trail for another hour to Muktinath the holiest of all holy places, during auspicious time according to Hindu & Buddhist calendar this place is full and busy with pilgrims. Overnight camp at Muktinath overlooking excellent views of Dhaulagiri, Tukuhe Peak and Nilgiri.

Day 14: Trek to Marpha 2,670m. 6 hrs walks.

After the strenuous day and hard on knees to Muktinath, our journey carries on with a 1,200m of descent to the Kaligandaki river valley floor, with a brief stop at Ekale bhatti meaning a lonely teahouse, at present its a small settlement with 3-4 teahouses. From here onwards the valley gets very windy in the afternoon time, the walk follows the gentle trail for another two hours till the large town of Jomsom is reached. Jomsom, a town and a headquarter of the Mustang region with a small airstrip just above the Kaligandaki River. Another two hours of easy walk from Jomsom towards south east brings us at Marpha for the overnight stop, which is little gem, with whitewashed houses, paved streets and numerous well kept lodges. Here you will have time to celebrate with the local apple products like cider, brandy and juice this area from Kagbeni to Larjung is famous for its delicious apple and its product.



Day 15: Trek to Lete, 2,480m. 6hrs walk.

From Marpha, the walk is very enjoyable following the Kaligandaki river down stream soon we reach another charming village at Tukuche, close beneath the Tukuche peak and Dhaulagiri, with spectacular views of Mt. Nilgiri's and the massif icefalls which tumbles from the Dhaulagiri's east face, after an hour walk from Tukuche coming to Larjung village, then crossing the broad river bed, either by way of a series of temporary plank bridges over numerous channel if the river level is low, or via the a high suspension bridge, the usual route follows the east side of the valley. After an hour walk, we get back to the tree line of pines, oaks and rhododendron, the path meanders away from the river for a while for an hour then coming back to the river bed just before Kalapani village, just near Kalapani the trail leads to a suspension bridge over the gorge of raging Kaligandki River with awesome view of Dhualgiri peak and its icefall, from the bridge a short walk brings us to Kalapani village. Kalapani, another lovely village of more than 20 houses with excellent tea houses and lodge with grandeur view of Mt. Annapurna I, Nilgiri's and Dhaulagiri above the beautiful forest surrounding. An hour descend takes us camp at Lete just by the fast flowing river near the bridge.

Day 16: Trek to Tatopani 1,190m. Approx. 6-7 hrs.

Walk from Kalapani onwards leads to a dramatic change in the vegetation, from dry, arid desert to pine and conifer forests, as we pass between two giant peaks of Dhaulagiri and the Annapurnas. The first two hours of trek passes through the village of Ghasa with constant view of the snow capped peaks in the beautiful cool forest surrounding, Although the Annapurna Circuit is one of the popular not only in Nepal but in the whole Himalayan range, and the Kali Gandaki Valley is renowned as being Nepal's most prosperous regions that's because of the Trans Himalayan & Salt Trade Route passes through this region to Tibet, this section of the area is surprisingly wild and scenically varied. There are many settlements and isolated lodges and tea houses, with open areas with enchanting forest and impressive views. Below Ghasa, which is the southern end of the area dominated by Thakali people with fewer of this ethnic tribe till Tatopani, the architectural style change, with much ornately carved wood work in evidence. This pleasant walk amidst the beautiful surrounding continues back to the terraced paddy fields and into warm sub-tropical climate all the way to the village of Tatopani passing through the beautiful waterfalls of Rupsi Cahhare. Just before Dana there is a long section where the trail has for many years disrupted by the landslides and every travelers, including the many trains of pack animals which ply this route has to negotiate some quite steep detours. Nearing Tatopani (Hot Spring) village the valley again is quite constricted and it starts to feel quite warm with sub tropic climate and vegetation, Tatopani is another nice village with large hot spring pools just by the bank of the River Kaligandaki. Overnigt at Tatopani near the bank of the Kali-Gandaki River.

Day 17: Trek to Ghorepani 2,750 m. Approx. 6-7 hrs.

After a wonderful time at Tatopani and in its warm pools, our trek continues towards east on the gradual trail for an hour crossing a suspension bridge over the Kaligandki river, the path leads by the river for a while just arriving at the junction of the two trails, the other wide path follows the river all the way to Beni.



Our route diverts from here taking the uphill climb, the first of the climb is quite steep to the top, where there is a small tea house, from here ahead of us lies a steep terraced hillside, dotted with farms and villages, from this spot a gradual climb leads us most of the day, leaving behind the terraced fields walking in the dense rhododendron forests and reaching to the village of Chitre for the overnight. Today a short up hill walk through the rhododendron and pine forest brings you Ghorapani. We camp at the Deurali for the best views of the sunset with excellent of Dhaulagiri and Annapurna ranges.

Day 18: Hike to Pun hill and trek to Tadapani 2,721m. 5-6 hrs.

Early morning hike to Pun hill before breakfast, if the day is clear for the grand panorama of great eight thousander Himalayan peaks along with the beautiful sunrise over the snow capped peaks. After Pun hill which is about 45 minutes to an hour walk uphill, trek down to Ghoreapni and continue walk to Tadapani, the walk first leads through thick forest of Rhododendron on up hill path on reaching the top ridge which almost the height of Pun hill, the path descends through a gorge coming to another village called Bhanthati. After lunch here, the walk leads through the forest on the downhill path on reaching at a small stream, an hour climb brings you at Tadapani a settlement of 8-10 houses serving as Lodges for the trekkers, Tadapani offers awesome views of Annapurna South, Annapurna II and IV and beyond towards east and the sunrise from this place is equally captivating.

Day 19: Trek to Ghandrung. 1,960m.

The trek from here leads through the beautiful forest of oaks-rhododendrons with views of the Annapurna himalaya, the path passes through the forest on the gradual trail then the trek leads down hill most of the way till Ghandrung is reached for lunch and overnight stop after few hours of good walks.

Afternoon visit the local village and its museum.

Day 20: Trek to Pothana. 1,900m. 5-6 hrs.

From here the walks leads downhill all the way to Landrung village following the raging Modi River downstream. After Landrung the walk is fairly easy most of the way on the winding path overlooking beautiful landscape scenery and of Annapurna south, the trek leads to a last uphill for an hour shorter at Deurali, on reaching the top of the hill, the walk leads downhill through the forest till a small settlement at Pothana is reached for the overnight stop. Pothana located in the midst of the cool alpine forest overlooking grand view of the Annapurna range including the majestic Mt.machhapuchare (Fish Tail) and of the Pokhara Valley.

Day 21: Trek to Dahmpus Phedi and ½ hr drive to Pokhara. 2-3 hrs walk.

From Pothana walk descends on the wide stone paved path passing through farm villages of Dhampus with constant view of the snow capped mountain range from Manaslu to Dhaulagiri, from here the walk leads on the gentle winding downhill trail till Phedi is reached where we board on the Bus for a short half hour drive to Pokhara. On reaching at Pokhara within the Phewa Lake side area, check into the Hotel with time for afternoon stroll.



Day 22: Transfer to Airport for the flight back to Kathmandu.

As per the time schedule a scenic flight reaches you back to Kathmandu.

Day 23: Free day at leisure in Kathmandu. O/N Hotel.

A free day in Kathmandu, please inform our staff if you would like to go on another short tour in and around Kathmandu Valley.

Day 24: Transfer to Airport for International departure.

Today as per your international flight time, keep your confirmed air ticket, departure tax (in local currency) and your passport handy. Our staff will take you to the airport for your final departure from this amazing country, Nepal.

Prices from USD1776 per person based on 2 travelling
Excludes international flights

See our Nepal and Ladakh Full Price List

