

NEPAL TREKKING: AROUND ANNAPURNA

HNTR # 2: ANNAPURA CIRCUIT TREK

Itinerary:

Day 01:

Arrival at Kathmandu airport

You will be met by our representative and transfer to hotel. After refreshment in hotel, short briefing about the programs.



KATHMANDU DURBAR SQUARE: Durbar Square, one of the old capitals of the Kathmandu valley, is a synthesis of Hindu and Buddhist temples, stupas and statues, and is often the site of festivals, marriages and other ceremonies.

Day 02:

Kathmandu city sightseeing (1315 m)

Today we explore the Kathmandu valley

SWOYAMBBHUNATH: Climb the many steps to Swayambhunath (the monkey temple) with its commanding views of Kathmandu, its whitewashed stupas and its unique synthesis of Buddhism and Hinduism.

PASHUPATINATH: It's a sacred temple complex on the banks of the holy Bagmati River. Here, monkeys run up and down the steps of the burning ghats, and trident-bearing saddhus draped in burnt-orange and yellow sit serenely meditating - when they are not posing for photos for rupees.

BOUDHANATH: The striking Buddha eyes of Boudhanath Stupa watch over a lively and colorful Tibetan community and attract pilgrims from all over the Himalayan Buddhist realm. In the midst of traditional gompas, and hung with long strings of multi-colored prayer flags, Boudhanath attracts Sherpas, Tibetans and tourists alike for daily circumambulations (koras) of the stupa.

Day 03:

Kathmandu - Chame (2,710 m /8,891 ft) : 5-6 hrs

Today we will drive to Chame for about 9 hrs.

Overnight in Chame

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Day 04:

Chame - Pisang

(3,300 m / 10824 ft) : 5 - 6 hrs

A steep and narrow path through a very dense forest will bring us to the dramatic curved rock face, rising 1500 m from the river.

The forests and heavy vegetation

would now be gone. We cross and re-cross the river again and again on suspension bridges. As the trail opens up we get surrounded by majestic Himalayan Peaks. We find ourselves in U-shaped valley of Manang hanging between two giant snow peaks and after walking through these wonderful sites we reach Pisang.

Overnight in Lower Pisang.



Day 05:

Pisang - Ghyaru - Ngawal

One of the crucial decisions on the trek around Annapurnas waits for you in Pisang. You need to decide whether you will go on the faster and shorter lower path, or on so-called higher“via Upper Pisang, Ghyaru and Ngawal with beautiful views. As you started the trek mainly with the aim to see something, so it is definitely worth going through the higher path, from where it is also possible to take a few side acclimatization trips.

Day 06:

Ngawal - Manang

The path from Ngawal drops for more than 200 altitude meters back to Marsyangdi valley along bizarre rocks sculpted by wind and stunted pines. Along the way there are magnificent views of Annapurna ridges and it is possible to visit a very nice village Bhraka before arriving to the downtown area – to Manang.

It is only short way from Bhraka to Manang where contrast new lodges for tourists with the old way of life. It is the most overcrowded place in the whole trek, mainly due to high concentration of tourists who are getting acclimatized here and make trips before the main ascent over the pass Thorong La.

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Day 07:

Manang: Rest

Today is the scheduled acclimatization day. It is not recommended to stay idle but a short walk to higher altitude is suggested to get acclimatized with the altitude. Manang is a good place to do that as the next two days will be very challenging and tiring trek for us with rapid gain in altitude. We should never be over-confident with the altitude and always be cautious. Bhojo Gompa or Gangapurna Lake is worth visiting sites from acclimatization point of view. An easy excursion to a little distance away to a village called Vraga, a small old village with a monastery is also possible. Also worth visiting is the Himalayan Rescue Association where we can get some ideas about Mountain Sickness. Overnight in Manang.



Day 08:

Manang - Yak Kharka (4,110 m / 13,484 ft) : 3 - 4 hours

From Manang village, the trail crosses a stream, climbs to a village of Tenki above Manang, and then continues to climb out of the Marshyangdi Valley turning northwest up the valley of Jarsang Khola. The trail follows this valley northward, passing a few pastures, a scrub of juniper trees, as it steadily gains elevation. The trail passes near the small village of Ghunsa, a cluster of flat mud roofs just below the trailhead. Now the trail goes through meadows where horses and yaks graze. After crossing a small river on a wooden bridge, the trail passes an ancient old Mani wall in a pleasant meadow and then reaches another small village of Yak Kharka. Little but Gradual ascent is the key to avoiding altitude problems. Overnight in Yak Kharka

Day 09:

Yak Kharka - Thorong Phedi (4,600 m / 15,092 ft) : 3 - 4 hrs

We make our way to the foot of the pass, Thorong Phedi today. Thorong Phedi is a small busy settlement catering to the needs of tired trekkers and climbers. People use this point as a base camp. Some people also attempt a hike to the High Camp today so that the next day can be easier for them but we do not recommend attempting High Camp and overnight there because sleeping in higher altitude is not really advisable. Although we will have a tough day tomorrow, we stop at Thorong Phedi so that we can sleep sound rather than a risky sleep in higher altitude at High Camp. Overnight at Thorong Phedi.

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Day 10:

Thorong Phedi – Muktinath

(3,800 m / 12,467 ft) : 7 - 8 hrs

We reach the climax of our Annapurna circuit trek today. It will be a lifetime unforgettable experience- crossing the famous high pass, Thorong La. An early start is important to complete the mission. Each moment we have to



work hard today through the icy high-altitude trail but the outstanding high Himalayan scenes are such tempting that our eyes love to watch more over the horizon than on our trail. We reach Muktinath with the setting sun. Muktinath is an important pilgrimage place for both Hindus and Buddhist. The area hosts a Vishnu temple and a Monastery nearby. Muktinath itself demonstrates the religions harmony in Nepal.

Overnight at Muktinath.

Day 11:

Muktinath - Marpha (2,670 m / 8,760 ft) : 4 - 5 hours

Muktinath is an important pilgrimage for both Hindus and Buddhists. In the morning, we visit Vishnu Temple and Gompa. Descending from Ranipauwa village down the steep and barren hillside, we tumble down toward Kagbeni and then to Jomsom finally arriving at Marpha. The trail today is quite surreal as you trek along a plateau above Kali Gandaki, the world's deepest gorge. The barren landscape of this area resembles Tibet. Marpha is also famous as the apple capital of Nepal where one can enjoy different items made from apple. The local apple brandy of Marpha is famous all over Nepal.

Overnight at Marpha.

Day 12:

Marpha - Kalopani (2530 m / 8300 ft) : 5 - 6 hours

From Marpha, we take a new route toward Kalopani via Chokhopani village. Today, we come across traditional villages of the ethnic Thakali people. Also, we get to see apple gardens. Waiting here is the 360 degrees panorama of Himalayan peaks: Dhaulagiri, Tukucho Peak, the three Nilgiris, Fang and Annapurna I. From Chokhopani we continue to Kokhethanti. After crossing a river, we meet come across the newly constructed road site at before reaching Kokhethanti of Kalopani. Overnight at Kalopani.

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Day 13:

Kalopani - Tatopani
(1,200 m / 3937 ft) : 6 - 7 hrs

Again to avoid the new roads we take a new route to Tatopani from Kalopani. The journey is mostly downhill. We cross the bridge at Ghasa. As we drop to lower elevations, we emerge back into subtropical forests, lush with vegetation. We continue along Rupse Chahara (popular waterfall). We avoid the road and continue down the east bank from Kopchepani via Garpar to a bridge at Dana. At Narchyang Besi, we get to see a powerhouse that supplies electricity in the area. We notice more villages in this area where we can observe the everyday lives of the local village people. Upon reaching Tatopani, we relax and have a bath in the hot spring.



Day 14:

Tatopani - Ghorepani (2,850 m / 9,350 ft) : 7 - 8 hrs

While we walk we observe the lifestyle of the people in the midland villages of Nepal. Ghara and Sikha are the villages with terraced and inclined farmlands. We gradually walk steep up to ascent Ghorepani. Passing through the Phalate and Chitre, we walking through a no-habitation area through rhododendron, brich, and magnolia and some meadows. As we gain height the peaks ahead look wonderful. We stay at Ghorepani for we have to make the climb to Poon Hill early tomorrow morning. Overnight in Ghorepani.

Day 15:

Ghorepani - Tadapani [2,710 m / 8,891 ft) : 6 - 7 hrs

Early at dawn we take an ascend to Poon Hill (3,210 m / 10,531 ft) to catch the moment of spectacular sunrise over the whole Annapurna and Dhaulagiri massifs and surrounding rice terraces. Poon Hill has been nicknamed as the “photographer`s paradise”. After breakfast, we continue ups and downs of the trail trek to Tadapani through the rhododendron forests. Keep inspecting the horizon as sceneries are equally dazzling throughout the day today.

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Day 16:

Tadapani - Ghandruk - Pokhara (850 m / 2,789 ft) : 5 - 6 hrs trek, 1 hr drive

The trail leads all the way down through the Rhododendron forest to Ghandruk. This is the second-largest Gurung settlement in Nepal. After lunch we continue trek to Nayapul to complete the trail which is followed by a short bus ride back to Pokhara, a peaceful lakeside city harboring a unique setting of tropical climate and vegetation with the dramatic backdrop of the Himalayas. Overnight in Pokhara (850 m / 2,789 ft).

Day 17:

Pokhara Tour

Pokhara is a natural capital of Nepal and a starting point of trekking in Annapurna. Pokhara exploration includes drive or hike to several view points for different perspectives of geographical enigmas. One can hike and mountain bike to several hillsides like Sarangkot, World Peace Stupa etc. The Tibetan Refugee Camp is another place of interest in Pokhara. Your exploration sites will be designed according to your preferences.

Pokhara sightseeing Points: Sarangkot Sunrise View, Devi's Fall, Tibetan Refugee Camp, World Peace Stupa

Day 18:

Pokhara – Kathmandu

Early morning after breakfast we will drop you at Domestic airport for flight back to Kathmandu. Overnight at Royal Penguin Hotel.

Day 19:

Kathmandu Sightseeing

Early in the morning, you could enjoy optional mountain flight tours to Mount Everest. In the afternoon, we will tour to Bhaktapur Durbar Square & some other places in Kathmandu.

Bhaktapur Durbar Square: This Square is an open museum holding exciting palace, courtyards, royal bath, sculptures, pagodas, Shikhara style temples and Buddhist monastery along with exclusive architecture. In other words, this is the most beautiful Durbar you visit in your Nepal tours. Overnight at Royal Penguin Hotel.

Day 20:

Departure

After breakfast we'll head towards airport for final departure or continue your onwards trips. Tour ends with THANK YOU!

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Package Cost:

1 pax: US \$ 3100
2 – 4 pax: US \$ 2400
5 – 8 pax: US \$ 2045
9+ pax: US \$ 1840

Single Supplement: US \$ 480

Hotels:

Kathmandu: Royal Penguin
Boutique Hotel
Pokhara: Temple Tree Resort

In the tour it is also possible
to take **1 hr mountain flight to Everest.**



SERVICES INCLUDED:

- Accommodation in twin sharing basis with breakfast
- All transfers by private Japanese Vehicle for the whole trip
- Driver expenses for whole trip
- English speaking tour guide for 2 day S/S
- Annapurna Circuit trekking package for 14 days
- Accommodation in normal teahouse lodges while trekking
- All meals & Tea OR Coffee 3 times a day while on trek
- 1 good English speaking Sherpa guide with necessary porters
- TIMS card & ACAP permit & Entrance fees
- Trekking equipments like: dawn jacket, sleeping bag, trekking stick, water bottle, rain poncho etc
- Insurance for our staff
- All Government taxes

SERVICES EXCLUDED:

- Lunch & dinner during stay in Kathmandu, Pokhara
- All bar bills
- Travel insurance
- Any extra cost not mentioned in service includes