



Annapurna Circuit



Overview

This trek is feasible for any fit person. At the end of your journey, you will feel in good shape and filled with a positive attitude. The routes of the trek have been used to ease the trade flows between Tibet and Nepal. Your vacancies will be convivial and entertaining, but also not too challenging. Your nights will be spent in cosy lodges where the meals are homemade, fresh and of good quality. The trek is circular and goes up a valley, over a high pass and then descend in another valley.

Enjoy the landscapes and keep memories of the breath-taking Himalaya chain around you. The trails are safe and during the high season, you will meet many hikers along the way. Thus, if you do not like busy paths, Manaslu or Kanchenjunga Circuits may suit you better.

A road running up one of the valleys has been built recently. This allows walkers to do the trek in 11 days but we favour to offer the entire trek. Nonetheless, if you need a custom program, please contact us so we can find a solution that pleases you.

Our team and resources in Nepal offer various opportunities to adapt dates and itineraries to your wishes. For example, this trek can be shortened by flying from Jomsom to Pokhara. If you are a small (or large) group with a preferred itinerary, please contact us.

The usual program lasts 22 days. Most of the time, we reach Kathmandu on day 21. Nonetheless, delays may occur with internal flights, thus, it is better not to book international flights before the evening of day 22.

If you wish to spend one more night in Kathmandu, we can help you with the booking of accommodation or if we have enough place, you can sleep at our guesthouse.

Note: due to the nature of trekking holidays, program may require adaptation along the trail to suit prevailing conditions of the mountains, weather and/or the group.

Required number of participants: minimum 2, maximum 12.

Package

Includes	Excludes
<ul style="list-style-type: none">• Airport transfers; and internal flights from Pokhara• Accommodation in Kathmandu for 3 nights (twin/double rooms)• Accommodation in lodges/ tea houses (twin rooms with beds/mattresses)• Three meals/day during the trek, and hot drinks (e.g. tea/coffees/juices)• Annapurna conservation ACAP permit fees, and TIMS permit• Guides (speak English, first aid training) & porters (each carrying max.15kgs)	<ul style="list-style-type: none">• International flight to & from Kathmandu• Meals & drinks while in Kathmandu and personal costs• Trip insurance & visa (\$30 for two weeks)• Airport departure tax for some tickets (~\$25 paid in Nepalese rupees)• Sightseeing tours• We also recommend offering a tip at the end of your trip to your guide and porters, as tips are not included in the package price. During your trek briefing, you will be wisely advised on this matter and on the average amount to offer.

Itinerary

Day 1 – 1400m

Landing in Kathmandu and transfer to your hotel or Adventure Alternative Guesthouse.

Day 2 – 1400m

Relaxation day to get acquainted to jetlag. Possibility of sightseeing in Kathmandu. A briefing about the trek will follow (meet trek leaders, talk about itinerary, plans & kit check)

Day 3 – 840m (2 hours walking)

Drive from Kathmandu to Besi Sahar at 800m (~6 hours). Lunch will be taken on the way. We will reach Besi Sahar late in the afternoon, where a jeep or bus will take us to Bulbule. From there we enter the Annapurna Conservation. Your guide will register you at the ACAP checkpoint. We will then have a 2 hours trek to Ngadi, where an overnight stay in the lodge awaits us.

Day 4 – 1270m – Ngadi-Bahundanda(2-3 hours), Bahundanda-Jagat (2 hours)

Breakfast will be taken in the lodge. Then, a steep climb throughout villages and green trees will follow until Bahundanda (1270m), a perfect viewpoint, to observe the Himalyan peaks. From there, the path sharply descends to Lili Bhir and continues to Ghermu (1140m) with an incredible view of the huge waterfall across the river. Further away, another slope crosses the Marsyangdi River on a suspension bridge, which will lead us to Syange (1080m), where we will have lunch. In the afternoon, we will reach Jagat for the night after a steep 150m climb and a cliff face crossing.

Day 5 - 1960m (5 hours walking)

Jagat - Dharapani. A gravelly path descends before ascending through a forest to Chamje (1410m). We will cross Marsyangdi River and walk along the valley with a constant uphill climb before arriving to Tal (1700m). There, we will have lunch and then continue hiking through the valley to Dharapani, for the night.

Day 6 – 2710m (6 hours walking)

Dharapani - Chame. Our morning walk will ascend during 3 hours. We will have gained 500m on our arrival to Timang where a break for lunch will be taken. Later, our route will continue on a flat land and will lead us across forests of pine and fir before arriving in Chame. Annapurna II will be perfectly visible while walking towards Chame. This village is the headquarters of the Manang district; there are some internet cafes, banks and souvenir shops.

Day 7 – 3310m (5 hours walking)

Chame - Pisang. This day will be quite easy as the road is mostly flat and goes through profound forest in a narrow valley. It crosses once more the Marsyangdi River at 3080m. We will take our lunch at Dhukur Pokhari, where we can enjoy the view of the Paungda Danda rock face. Later on, a regular and gradual ascent will lead you to Pisang for the night. Up in Pisang, the view is spectacular. Stunning peaks, among which Pisang Peak (6091m), Chulu West (6419m), Chulu East (6584m), Lamjung Himal (6986m), Annapurna II (7937m) and Annapurna IV (7525m).

Day 8 – 3540m (4½ hours walking)

Pisang - Manang. Today our trip will lead us throughout the duller upper part of Manang district across pine forest. Two trails join Manang. We will follow the southern one via the airstrip at Hongde (3420m) and carry on to Mungji (3500m). Later we will walk past the incredible village of Bragha Gompa to Manang where many shops, a museum and an HRA post you can visit. Manang's location offers an unbelievable sight of Gangapurna (7454m).

Day 9 – 4600m

Relax for a day in Manang and acclimatize with a day hike to the Ice Lake (4600m).

Day 10 – 4020m (4 hours walking)

Manang - Yak Kharka. The start of the hike ascend gradually for nearly 200m towards the Thorung La. While leaving Marsyangdi Valley behind us, vegetation starts to sparse when reaching Yak Kharka. We will arrive up there one time to eat and spend the night there.

Day 11 – 4540m (4 hours walking)

Yak Kharka - Thorung Phedi. Today's hike is short. It will cross the river at 4310m and then mount throughout wild scenery toward Thorung La. Do not forget to walk slowly and stay alert to your

body's feelings. Tiredness from lack of oxygen to your muscles is common, and sometimes people may feel nauseous and suffer from headaches. Drink as much liquid as you can and keep warm, in order to maximize the opportunity for your body to recover. We will arrive in Thorung Phedi in the afternoon. Once there, we will eat lunch and spent the evening resting up.

Day 12 – 4516m (8 hours walking)

Thorung Phedi - Muktinath. A long day awaits us. At 3 am, have a hasty breakfast and then ascent steeply during 5 hours. We will arrive in Thorung La at around 8 or 9 am. Drink a lot of water and take all the time you need. The trail is notable by its chortens and prayer flags. Even a teashop is found on it!

The view we will get of the Annapurna is breath taking. Once we crossed the pass, the hill drops steadily but is occasionally slippery. Trekking poles would be helpful to reach Muktinath. It will take 3½ hours to reach Muktinath, where we have time to look at Tibetan traders and the shrines in a grove of trees. There is a Vishnu temple, the Jwalami (Goddess of Fire) Temple, and a Buddhist gumpa.

Day 13 – 2680m (4 hours walking)

Muktinath - Marpha. This day will be more relaxed and easy. You will first come down across desert-like land into Kagbeni (2840m), which is influenced by Tibetan culture. A craggy and dusty path continues to Jomsom (2760m), which is considered as the “city-centre” of the territory and the first of the Thakali Gandaki River's village. Spend some time to take a look at the hospital and visitor centre and later continue our route. This one will finally lead you to the stone village of Marpha, which benefit from a gumpa and small shrines. Your night will be spent in this incredible place.

Day 14 – 2480m (6 hours walking)

Marpha - Kalopani. The first part of the trek will last 4 hours and is flat until Larjung. You will travel around Chhairo Gumpa to Chimang, which offers amazing sights of Dhaulagiri (8167m), the world sixth largest mountain. Then, you will continue across Khobang and Larjung (base for an expedition up the Dhaulagiri Icefall), allowing a nice view of Nilgiri North (7061m) and directs you to Kalopani.

Day 15 – 1190m (6 hours walking)

Kalopani - Tatopani. This way goes across Ghasa, the last Thakali village around. It then branches down the east side of the narrowing gorge for a few more hours. Later it will join again at Rupse Chhahara (1560m) where we will have lunch near the Rupse waterfall. We end our day with a short hike to Tatopani, known for its hot springs.

Day 16 – 1930m (4 hours walking)

Tatopani - Sikha. The trail climbs through a forest of rhododendrons and Ghara, which is encircled by stoned walls and farming lands where locals harvest wheat, potatoes and other vegetables for their villages. We will stop there for lunch and then trek to Sikha for about one hour.

Day 17 – 2853m (3½ hours walking)

Sikha - Gorepani. The hike will be short, mostly uphill throughout Sikha to Gorepani. We will stop in the afternoon for lunch and relax in Gorepani, where we will spend the night after the preparation for the trek to Poon Hill in the early morning.

Day 18 – 3210m (6 hours walking)

Gorepani - Tadapani. The morning starts early with an ascent of 1-2 hours to Poon Hill (3210m). Up there we will enjoy the sunrise over the Himalayas. Back at the lodge for breakfast, we will then walk a descent for 4-5 hours to Tadapani.

Day 19 – 1940m (4 hours walking)

Tadapani - Ghandruk. Across a pine forest, the path will take 4 hours to reach Ghandruk. Sights of the Himalayan rang during the trek are fascinating.

Day 20 – 840m (5 hours walking)

Ghandruk - Nayapul - Pokhara. This descent of 700m during 5 hours to Nayapul is easy. Once there, a car/bus will drive us during 1 hour to Pokhara. There we will spend the rest of the evening and night. Be ready to take an early flight back to KTM.

Day 21 – 1400m

Flight from Pokhara to Kathmandu in the morning. The rest of the day can be spent according to your desires, resting and/or sightseeing.

Day 22 – 1400m

After breakfast, our adventure ends. You can leave Kathmandu later this day, but remember note above about possible internal flight delays.

Fitness

A seventeen-day trek is demanding and it would be an advantage for you to be fit. However, do not forget that during your holiday you will be walking every day and you will get acquainted with the mountain environment. We recommend to train before joining this trek. Doing loads of walking with a day rucksack is good but do not exaggerate your training. The high pass is quite challenging, work mainly on your thigh muscles, calf muscles and shoulders for carrying the bag (about 5kg but will feels 10 when you have been walking uphill). Days are not long, the trail is good and porters are of useful help. You will enjoy your holiday more if you have worked on your fitness beforehand. If you seek to lose some weight, this trip is made for you!

Type of Terrain

This trek is a well-trodden path all along, even though it may sometimes be stony and jagged in some places. It is not a mountaineering trek nor climbing that would require special equipment. The hike is nice and not demanding, nonetheless some steep paths may seem never-ending!

While trekking you will get the chance to meet a lot of people but also yaks. Never forget that once you meet an oncoming yak, you have to ensure to step towards the inside of the trail. Thus avoiding the cliff edge!

We do not ask to take poles but they can be of useful help. This choice is all yours, but if you have knee problems or personal preference for using them, we definitely recommend to take them. In the upper hills, open slopes and moraine may offer you added reassurance with poles, but once more paths are quite easy to walk on.

We also recommend you to take lightweight hiking shoes with a high ankle, in order to protect you against possible injuries related to ankle. Heavy boots will be too warm and heavy and cumbersome. You may take cross trainers but remember they are often cold in the morning in the mountain.

Distance Covered

The total distance covered is about 300km. Trek start only after a good breakfast at 8.30am (except for some early mornings to Thorung La Pass and Poon Hill). There are many opportunities to take a break and use your camera, or have a cup of tea. The pace is slow and the program allows for acclimatisation and rest days.

Height Gained

Kathmandu is at about 1400m height and the drive to Besi Sahar will take you down to 800m. Thorung La pass being the highest point at 5416m, the Annapurna Circuit trek gains a total of 4616m from Besi Sahar and 4016m from Kathmandu.

Kit List

- The main idea of this kit is to keep you warm, dry, protected from the sun, be able to move efficiently on the mountains and be comfortable in the night.
- The most important details to cover are as follows:
- GEARS - Large Duffle bag/Rucksack ~80L (for a porter to carry) + Medium Daypack ~40L (carried by you)
- SHELL - Top and bottoms to keep off wind/rain
- INSULATION - Warm layered system to keep you warm (body, hands & Head)
- BASELAYER - Thin layers to wick away sweat and strip down to when it gets hot
- SHOES - Comfortable, Waterproof shoes/boots to support your ankles over jagged terrain. Lighter footwear to change into during the evenings.
- SLEEPING - Warm sleeping bag to spend a good night's sleep in the lodges
- FOOD/LIQUID - Water bottles & favourite snacks for the day
- WASHING & MEDICAL – For you to wash & eventually avoid headache, blisters

Learn more

This trek encircles Mount Annapurna (8091m) offering amazing sceneries. It will allow you to discover cultural diversity of villagers and territory, from charming towns, native home to the Gurung folk and across subtropical jungle to a high, dry terrain looking alike Tibetan landscape.

The average group size is 10. Experienced Sherpa guides and a trained team of porters who will help you along the trek will accompany you. From the moment you contact us, we will take care of the whole trip organisation. Please double check what we include in our trek. Do not hesitate to ask us any information if you need to.

Activities and Highlights

Sights will one be the most enjoyable assets of this trek. You will walk close to the greatest peaks of the world, and spend unforgettable time with Sherpas and villagers, enjoying their kindness by sharing a cup of tea with them while eating breakfast.

The amazing meetings you will do along the trek will offer you unforgettable memories.