

## Overview

The Annapurna Circuit Trek is one of the most popular treks, not only in Nepal but in the world. Since the trail was first opened to foreigners in the 1980s, it has been a top destination for trekkers around the world. It offers a truly unique trekking experience. This adventurous trail connects the Annapurna region and the [Mustang region](#), providing several culturally famous destinations and infinite natural beauties along the way.

The trail begins from the lower Annapurna region. The Annapurna Circuit Trek has a diverse set of landscapes of landscapes that begins with lush rhododendron and pine forests. Trekkers are immediately enchanted by the scenery and full of excitement and energy for what is ahead. Guided by the Marsyangdi River Valley, we follow cascading waterfalls, dense sub-tropical forests and raging rivers. The fascinating terraced rice fields and local villages increase the charm of the trek.

As the trek leads you through the Manang district, Tibetan Buddhist settlements begin to appear. Finally – slowly – the snow-topped Himalayan peaks begin to appear. At Phedi, we find ourselves in awe at the desolate, yet tantalizing landscape. Crossing the Thorong La Pass(5416m) is an absolute thrill, and one must use caution when coming into contact with the slippery rocky slope. The high pass offers views of Dhaulagiri (8167m), Manaslu (8156m), Annapurnall (7937m), Annapurnalll (7555m), Annapurna (8090m), Annapurna South (7219m), Machhapuchhre (6993m), Tilicho (7134m), and Hiunchuli (6441m) to name a few. Encompassed by a choppy sea of Himalayan peaks, we are full of joy. The trek then leads you to the famous Muktinath Temple, a pilgrimage destination of both Hindus and Buddhists. Here, devotees bathe in the fountains, ring bells, anoint one another's' foreheads, or simply be there with intentions of reverence.

Our Annapurna Circuit Trek then passes through the Kali Gandaki Gorge and ends in Nayapul after stopping at Poon Hill(3210m) for yet another panoramic view of the awe-inspiring peaks in the Annapurna and Dhaulagiri regions. Finally, we can end the trek with a stop at Jhinu Hot Springs, which helps relieve the muscle aches from the trek. From here, we return to Pokhara and head back to Kathmandu.

At roughly 130 miles, the trail is for trekkers with experience, or at least a strong sense of determination. Trekking is possible throughout the year, but Spring (March to May) and Autumn (September to November) provide the best weather. During the Spring, there is a bit more color and the rhododendrons are blooming, and in the Autumn months, the skies are generally clearer. The Annapurna Circuit Trek requires fitness and acclimatization to avoid acute mountain sickness. Breeze Adventure arranges the trek with complete management. Please, feel free to contact us for more detailed information.

## Highlights

Thrilling Thorong La Pass- 5416 meters

Cultural beauty of local villages

Religious experience at Muktinath Temple

Kali Gandaki Valley

Views of Annapurna, Dhaulagiri, Machhapucchre, Hiunchuli and numerous other high peaks

Lovely rhododendron forest

Remarkable hospitality

Diverse landscapes – from sub-tropical forests to desolate alpine wilderness

## **Outline Itinerary**

**Day 01 : Arrival at Kathmandu airport and transfer to hotel.**

**Day 02 : Sightseeing in Kathmandu Valley**

**Day 03 : Drive from Kathmandu to Chamje (1430m), 8-9 hour drive.**

**Day 04 : Trek from Chamje to Dharapani (1860m), 5-6 hours.**

**Day 05 : Trek from Dharapani to Chame (2670m), 4 hours.**

**Day 06 : Trek from Chame to Pisang (3300m), 5 ½ hours.**

**Day 07 : Trek from Pisang to Manang (3540m), 5 hours.**

**Day 08 : Rest day in Manang for acclimatization & exploration.**

**Day 09 : Trek from Manang to Yak Kharka (4050m), 5 hours.**

**Day 10 : Trek from Yak Kharka to Thorong Phedi (4450m), 4 hours.**

**Day 11 : Trek from Thorong Phedi to Muktinath (3800m) via Thorong La Pass (5416m), 7-8 hours.**

**Day 12 : Trek from Muktinath to Marpha (2670m), 6 hours.**

**Day 13 : Trek from Marpha to Tatopani (1189m), 4-5 hours.**

**Day 14 : Trek from Tatopani to Sikha (1935m), 5 hours.**

**Day 15 : Trek from Sikha to Ghorepani (2835m), 4½ hours.**

**Day 16 : Early morning hike to Poon Hill (3210m) then trek to Tadapani (2520m), 5 ½ hours.**

**Day 17 : Trek from Tadapani to Syane via Ghandruk (1920m), 5 ½ hours, then drive to Pokhara.**

**Day 18 : Drive from Pokhara to Kathmandu**

**Day 19 : Departure from Nepal**

### **Cost Includes**

- Transportation to and from Tribhuvan Airport.
- Three nights in a 2-3 star hotel in Kathmandu, breakfast included.
- One night in a 2-3 star hotel in Pokhara, breakfast included.
- All transportation for the trek.
- Local guest house accommodation in mountain.
- Government-authorized, experienced guide and porters
- Insurance, food, accommodation, and wage for guides and porters
- Hygienic meals (breakfast, lunch, and dinner) during the trek.
- All equipment (sleeping bag, warm layers, etc.)
- First Aid Kit
- Maps
- Service charge and government taxes
- Post-trek celebration dinner in Kathmandu

### **Cost Excludes**

- International airfare
- Meals in Kathmandu (besides breakfast)
- Your personal expenses, shopping, etc.
- Shower and electronic charging fees at guest houses during the trek
- Alcoholic drinks, chocolates, tea and coffee
- Tips for guide and porter
- Extra accommodation and meals outside of itinerary
- Costs from unexpected occurrences (i.e. cancellations, weather problems, damages of property, illness, etc.)