

# Annapurna Circuit Trek

**Duration:** 16 Days Days

**Max Altitude:** 5,416 m

**Destination:** Nepal

**Trip Grade:** Moderate

**Best Season:** Autumn, Spring

## Trip Highlights

### Highlights of Annapurna Circuit Trek

- Meet the mountain individuals in the core of Annapurna Himalayas.
- Perspectives on Mountains topping at 8,000m: Dhaulagiri, Manaslu, and Annapurna.
- Manang Village
- Cross the Thorong La Pass at 5,416 m.
- The journey of Muktinath.
- Trekking through the world's most profound crevasse, Kaligandaki valley.
- Common underground aquifers at Tatopani.
- Great dawn sees from Poon Hill.

## Trip Overview

The **Annapurna Circuit Trek** is one of the most well-known treks in the world. Join us on this adventure and we will take you on a journey to discover Nepal and its surreal scenery. Discover the tranquility of Tilicho Lake, the snow-covered paths of Thorong La, the sacred temple of **Muktinath**, and the picturesque villages of the **Gurungs**, **Manangis**, and **Thakalis** – all framed by the epic Annapurna mountain range.

This 16-day Annapurna trek begins in Kathmandu, from where you will head to Syange to begin your trek. After journeying through Chame, Pisang and Manang you will be led to Tilicho Lake's pristine. From the lake, we will venture to.

**Yak Kharka** ascends to **Thorong Phedi**, taking in the impressive view of the **Dhaulagiri** and **Annapurna** ranges along the way. From here we will begin our hike up to the pass, a challenging trail that leads you to spectacular views of

**Gangpurna, Annapurna III, and Chulu West** – as you venture ever closer to the **Annapurna Circuit**.

Once making it through the Throng pass trek portion of our journey, you will enter the district of Mustang and visit Muktinath, a Vishnu temple that is sacred for both **Hindus and Buddhists**. You can then opt to drive or trek to Tatopani where you can relax in the natural hot springs. The next day you will hike through the vibrant **rhododendron** forests of **Ghorepani** and onto **Poon Hill** for the breathtaking sunrise over the Annapurna and neighboring ranges.

This trip is a strenuous but extremely rewarding experience. You will have acclimatization days throughout and full support from our professional and experienced local climbers and guides to ensure that you have a safe and worry-free trip. Our staff is local experts who will also help to deepen your understanding of the local culture, wildlife, and nature along the way. We recommend that you join us on this trek between **March and May** or **September and December**.

**My Everest Trip** is a trusted company for trekking in Nepal, offering various **Annapurna trek** packages ranging from a **short Annapurna trek** to around **Annapurna trek**. For more information about the Annapurna circuit cost or Annapurna difficulty, please feel free to contact our friendly team. Or, if you would like to read more about what it's like to join us on this journey then you can read our **Annapurna trek blog** below.

## **Detailed Itinerary**

### **Day 01: Arrival in Kathmandu (1300m/4264ft).0/N at hotel**

One of our friendly representatives will be there to greet you at the airport and take you to your hotel. You are then free to spend the rest of your day exploring the vibrant and ancient city of Kathmandu.

### **Day 02: Drive from Kathmandu to Syange (1100m/3608ft). 0/N at Tea House (A, B, L, D)**

Early morning, we embark on a road trip to Syange. Here you will get your first look at the lush countryside of Nepal and green rice terraces set against the backdrop of the Himalayas. 0/N in Syange.

### **Day 03: Trek from Syange to Dharapani (1960m/6430ft).0/N at Tea House (A,B,L, D)**

Time to put on your hiking boots for your first day of trekking. We enter the Manang district and begin our ascension through barley and potato fields. After trekking for a few hours, we will rest in Kodo village before making our way to Dharapani, where we will spend the night.

### **Day 04: Dharapani to Chame (2710m/8891ft).0/N at Tea House (A, B, L, D)**

Making our way to Chame, enjoy amazing views of Lamjung Himal (6983m), Annapurna I (8091m) and Annapurna IV (7525m), and take some time to relax with a dip in the hot springs.

**Day 05: Chame to Pisang (3300m/10824ft), 0/N at Tea House (A, B, L, D)**

Be prepared to walk up steep trails through thick forests before crossing the valley via a bridge. Here you can get a clear view of the Paungda Danda rock. Then we will head to the village of Pinang, where we will stay overnight at a guesthouse.

**Day 06: Pisang to Manang (3540m/11482ft), 0/N at Tea House (A, B, L, D)**

Heading to the Manang district, we trail uphill to Mungji. As we continue past Mungji and the hidden village of Bryanga, we can see Annapurna III (7555m) and Gangapurna (7455m) towering behind the town of Manang. We will stay overnight at a guesthouse in Manang.

**Day 07: Manang: Acclimatization day.0/N at Tea House (A, B, L, D)**

Today it is essential that we rest and take time to acclimatize to the altitude. Relax and enjoy the beautiful view of the mountains that Manang has to offer. We can enjoy Bhojo Gumba, Gangapurna Lake or walk to Vraga, where we can visit a monastery. Afterwards, we will return back to our accommodation and spend the night at the guesthouse.

**Day 08: Manang to Yak Kharka (4050m/13,020ft).0/N at Tea House (A, B, L, D)**

On our way to Yak Kharka, the landscape becomes otherworldly as you see the snow-covered peaks of the Annapurnas and Gangapurna, clash in contrast with the desert-like terrain. 0/N in Yak Kharka.

**Day 09: Yak Kharka to Thorang Phedi (4420m/14501ft).0/N at Tea House (A, B, L, D)**

We hike uphill until we cross the suspension bridge and reach Ledar village. On leaving the village, we ascend for an hour and experience magnificent views of Mt.Gundang, Mt. Syagang, Thorung Peak and Mt. Khatungkan. 0/N in Thorang Phedi.

**Day 10: Thorong Phedi to Thorong La Pass (5416m/1176ft) to Muktinath (3800/12467ft).0/N at Tea House (A, B, L, D)**

This is where the trail becomes slippery and snow-covered. Be prepared for a challenge as we ascend to the highest altitude in the trek, Thorong La Pass. The pass connects the district of Manang with Mustang. We descend down Muktinath Valley to the holy temple of Muktinath, a holy pilgrimage site for both Hindu and Buddhists. 0/N stay at the hotel.

**Day 11: Trek or Drive from Muktinath to Tatopani (1200m/3937ft).0/N at Tea House (A, B, L, D)**

On the way to Tatopani, we can visit Kagbeni and Marpha – a Thakali village famous for organic apple production. Dhaulagiri (8167m) and Annapurna (8091) become visible as we reach Kalopani, and as we reach Kaligandaki valley, you can see a myriad of flora and fauna amidst the sub-tropical climate. 0/N IN Tatopani.

**Day 12: Tatopani to Ghorepani (2850m/9350mft).0/N at Tea House (A, B, L, D)**

We trek up steep trails towards Ghorepani. We cross Palate and Chite with spectacular views of the ranges along the way. In the springtime, expect to be trekking through vibrant forests packed with colourful rhododendrons. After 6

hours we reach the Gurung village of Ghorepani. O/N at a local lodge.

**Day 13: Ghorepani to Poon Hill to Ghandruk (1950m/6396ft).O/N at Tea House (A, B, L, D)**

We wake up early to hike to Poon Hill for an unforgettable sunrise over Dhaulagiri (8167m), Manaslu (8163m), Annapurna (8091m), Nilgiri (6940m) and Machhapuchhre (6997m). Afterwards, we head back to Ghorepani and start to walk towards Tadapani, through lush pine forests. O/N at a local lodge.

**Day 14: Trek to Nayapul then drive to Pokhara. O/N at 3 Star Hotel (A, B, L)**

Today is the final day of the trek. From Ghandruk, we will descend through rice fields and villages before arriving at Birethanti. From here, we ascend uphill to Nayapul and drive back to Pokhara. O/N in Pokhara.

**Day 15: Drive from Pokhara to Kathmandu. O/N at Hotel (A, B, D)**

We drive back by bus to Kathmandu, with views of lush green hills following us along the way. When we reach Kathmandu you can explore or get some much-needed rest after such an exhilarating and challenging trek. O/N at 3-star hotel.

**Day 16: Final Departure (B)**

After breakfast and a group photo, our representatives will take you to the airport 3 hours before your scheduled flight time.

## **What's included**

- Airport/hotel pick up and drop off by private car
- At least two nights 3-star hotel in Kathmandu bed and Breakfast plan
- Meals on full board (breakfast, lunch, and dinner) in the whole trekking
- Kathmandu – Syange Drive with local bus or by Car & Pokhara – Kathmandu by tourist bus or by car up to your request
- Trekking map
- An experienced Government license holder guide
- Trekking porter/Sherpa who will carry your bags during the trekking
- Insurance, salary, equipment, transportation, local tax for guide and porter
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charge

## **What's not included**

- Meals in Kathmandu before and after trekking.
- Your travel insurance ( Rescue )
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Personal shopping and laundry etc

- Personal trekking equipment.

# Trip Map



## Contact Us

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