Vat No: 600106861 **Gov Regd No:** 12345678

ASIAN EXPEDITION PVT. LTD
Kathmandu, Nepal | Contact: +977-9851347921, +977-015358373
info@asian-expedition.com | www.asian-expedition.com

Round Annapurna Trekking

Tour Overview

The Round Annapurna Trek has been a treasured route since it opened to trekkers in 1950. It features the world's highest trekking pass, Thorung La at 5,416 meters, offering breathtaking views of the Annapurna and Dhaulagiri mountain ranges. Although parts of the trek are now accessible by motor road to Manang and the Muktinath Temple, local communities, trekking guides, and agencies have developed an exclusive trekking trail to preserve its allure.

The Annapurna Circuit Trek is a breathtakingly beautiful journey. Towering mountains are your constant companions, and the landscape offers incredible variety. Tropical forests, rice terraces, waterfalls, and imposing cliffs present an ever-changing vista. The stunning scenery is often enough to inspire many to visit Nepal. However, it's the culture and warmth of the local people that make the trek truly unforgettable. It's rare to encounter such contentment and joy in the Himalayas as you do here.
What further distinguishes this trek is its status as one of the last classic Himalayan treks increasingly endangered by new road constructions. If you're contemplating the Annapurna Circuit, the time is now. The traditional trek as it once was may not remain for much longer.

Yet, it's still you, quietly treading along a slender, serpentine path beside a river or through a charming village.

Detailed Itinerary

Day 1: Arrrival in Kathmandu Airport, Nepal capital and then transfer to Hotel.

Day 2: Sightseeing around Kathmandu Valley.

Your sightseeing trip will start in the morning after breakfast. We will provide a private vehicle and professional tour guide. Places we visit Pasupatinath temple, Buddhanath, Monkey temple and Kathmandu durbar square. The afternoon includes a final briefing and preparations for the trek. Overnight at hotel. [Breakfast]

Day 3: Drive to Jagat(1300m) - by bus/Jeep 8/9 hrs

Today, our guide will collect you from your hotel early in the morning. We will depart from Kathmandu by a private tourist bus or a shared jeep. The journey to Besisahar is expected to take around 5 to 6 hours. Beyond Besisahar, the road becomes rougher, and we will proceed on a dirt track. As we climb, the changing landscapes reveal snow-capped mountains and waterfalls. This leg of the trip lasts approximately 2 to 3 hours. We will traverse several small villages, including Bhulbhule, Ngadi, and Syange, before arriving at Jagat, which marks the first stop on your Annapurna Circuit Trek. You will spend the night at a comfortable lodge. Total driving time is between 8 to 9 hours. Overnight at Ngadi. [Breakfast, Lunch, Dinner]

Day 04: Jagat to Trek Dharapani (1960m) - 6 hrs.

We start our trekking through the small village with the view of Marshandgi rivers, passing the on right side of huge waterfalls and a small Tibetan village Chamje ,descending to the river and cross another suspension bridge; we begin a climb to Sattale (1550m.) on a path so steep that it seems one slip would send you hurtling down into the valley. We continue on an undulating path above the river, and at one point, where a tributary flows in from the opposite bank, the main river becomes covered with huge boulders that hide the water. Climbing the zigzag path to the top of the hill, we will see the level, plain of Tal (1700m.).

Beyond Tal, the valley narrows and the path becomes high and winding, and in several areas hewn from the rock itself. Beyond the small village of Karte (1900m.), there is a bit more cliff-walking before the path drops again to the river and we cross another suspension bridge and arrive Dharapani, Overnight at Lodge. [Breakfast, Lunch, Dinner] 6hrs/

Day 05: Trek to Chame (2675m) 6/7hrs.

After breakfast, our trekking with narrow field from the village, the Dudh Khola, which originates from the south face of Manaslu. The Marsyangdi River then veers to the left, and as Annapurna II becomes visible ahead, you arrive at Bagarchhap, a Bhote village with prayer flags fluttering in the breeze around Buddhist monastery. Continuing to climb through forests of pine and oak, we pass through Danaque (2210m.). There comes a small wooden bridge which takes us to follow steep ascent path up to Timang village which lies at the bottom of Lamajung Himal then the trail goes through flat level until we reach Chame, overnight at Lodge. 6hrs/2675m. Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 06: Trek from Chame to Pisang (3200m)/5 hrs

Having the view of Lamjung Himal (6893m) dazzling in the morning sun, we set off for Pisang. The mountain disappears as we climb the path up the valley, passing a huge apple orchard. We continue through a fir and pine forest, climbing to a high, rocky area as the opposite bank becomes an impassable cliff. From this point the valley becomes extremely steep-sided as we follow the path to Bhratang (2950m.) then a short climb from the village brings us to a rock-strewn area where we cross a wooden bridge and follow a high, winding path, before crossing back to the right bank again. We now trek through a pine forest and as the forest ends, the valley changes from a V-shape to a gentle U-shape, and a spectacular views of Swargadwari(Heavely gate), opening up a wonderful vista we come to a long mani wall by a bridge and the lower village of Pisang, overnight at Lodge.5hrs/3200m

Day 07: Trek to Ghar-Ngawal (3600m.) 4/5 hrs.

Departing from Upper Pisang, the trail presents a steep and demanding ascent, yet it compensates with splendid views of Annapurna II and Annapurna III (7,555m) and Tilicho Peak in far sight.
After approximately 2-3 hours of uphill hiking, you will arrive at Ghyaru village, a serene, authentic Tibetan-style village situated at 3,670m. Continuing through various ascents and

descents, you will ultimately reach Ngawal at an elevation of 3,660m. Overnight at lodge. [Breakfast, Lunch, Dinner]

Day 08 : Trek to Braga-Manang (3440m)/3/4 hrs

Descending from Nagwal, we pass through alpine meadows dotted with yak herds and sheep. Nearing Braga, the landscape grows drier and more rugged, with scant greenery. Braga, also known as Braka, is renowned for its ancient Buddhist Gompa, dating back 900 years. Overnight at Lodge.[Breakfast, Lunch, Dinner]

Day 09: Rest in Braga-Manang for acclimatization .

The Himalayan Rescue Association and they brief about the High altitude, sickness and the way to be safe from the problems. The Gangapurna Lake is nice to view and one can walk around the town to explore. Explore the famous Milarepa cave in the west and Lama Cave in the north. Visit Gompa in about 500yrs old for spiritual relief in Braga . The Annapurna II, III & IV, Gangapurana himal, Tilicho peak are seen the massive view. You can see the Manangi culture, the old houses and horse racing. Email/internet, phone call & small video movie can use in Manang Valley. Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 10: Trek Manang to Yak Kharka(4200m.) 5hrs.

From Manang the landscape is more like Tibetan platue. It seems more gradual rather than up but hard to breathe and take longer time to cover the short distance.Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 11: Trek to Thorong High Camp (4600m) 5/6 hrs .

This can be hard night with the lack of enough Oxygen. Ready to wake up in early morning for the next most excited day at all.Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 12: Thorung La pass- Muktinath(3800m) 8/9 hours

Start the trek early in the morning. This is the most awaited day for your Nepal trip. The top of the Thorong La (pass) 5416 m . is the highest point for the whole period. You can see the great views of Dhaulagiri (8186m), north faces of the Annapurnas, the Kali Gandaki Valley and Throunghtse (6482m).Muktinath is the name of the Hindu God with the meaning of the "God of Salvation". The Sep- Oct fest is the most interesting and crowded. Apart from this, this is the greatest example of the co-relation and harmony between Hinduism and Buddhism .(3/4 hrs to reach on the Top and walk down 4/5 hrs to Muktinath).Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 13: Trek to Kagbeni-Jomsom (2800m) 5/6hrs .

Now we leave the motor road and trek through Chhongur, Jhong & Putak the Tibetan styled beautiful villages with its art, culture, religion and do not forget to visit the gompas. This trail is so splendid view of Dhaulagiri and Nilgiri mountains. The This way is lower part of Mustang we meet the entry point of Kagbeni which is gateway to forbidden Mustang Kingdom. Spending few hours then walk to Jomsom Bazar. Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 14: Drive or fly to Pokhara (830m).6 hrs

Drive directly to Pokhara city. Enjoy the boating at Phewa lake. Pokhara is a beautiful city with close mountains. Overnight at Hotel. [Breakfast, Lunch]

Note: Flying to Pokhara via a twin Otter plane is also an option, though it requires an additional payment for the flight cost.

Day 15: Drive to Kathmandu by Tourist bus

It takes 6/7 hours to reach in Kathmandu. Evening Farewell dinner.Overnight at Hotel. [Breakfast, Lunch]

Day 16: Transfer to Airport and Fly back to your home country

Transfer to Airport and Fly back to your home country with unbelievable impressions.

Pricing Information

Price Details

Starting Point : Kathmandu to Jagat
Ending Point: Pokhara- Kathmandu
Maximum Height: : 5416m
Lowest altitude: 830m

Price Includes

Price starting from :

Euro 1550 Per person- Price based on minimum 2 people.

Euro 1450 per person above 3 person or group trekkers.

Price Excludes

.4 night's standard room at Kathmandu hotel with bed & breakfast

.1 night hotel in Pokhara.

. Guided sightseeing in Kathmandu valley

. Trekking Permit TIMS

. Annapurna Conservation permits Fee

. **Meal: All meal Breakfast, Lunch, dinner during the trek** .

. Local Bus to Besishahar, Marpha to Tatopani and Tourist cozy Bus Pokhara to Kathmandu

. One experience trekking guide 1 porter for 2 trekker (each member 13 KG)

.Guide and Porters fully insurances. and Their salaries.

. Life, Medical Insurance for Guide & Porter

. All accommodation during the trek best available hotel/guesthouses

. Our service charge.