

## **Annapurna Circuit trek Base Camp - Nepal**

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| <b>Annapurna Circuit Trek - 24 Days</b><br><b>Trip Code: T4W 121</b><br><b>Grade: Challenging</b><br><b>Starts: Kathmandu</b> | <b>Group Size: max of 12</b><br><b>Ends: Kathmandu</b> |
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| <b>Trip Overview</b>   | <b>Highlights</b>   |
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| <i>Day 1 Kathmandu</i>   | <ul style="list-style-type: none"> <li>• <i>Bustling Kathmandu</i></li> </ul>                                 |
| <i>Day 2 Fly Kathmandu - Pokhara</i>                               | <ul style="list-style-type: none"> <li>• <i>Kathmandu sightseeing tour</i></li> </ul>                         |
| <i>Day 3 Drive Pokhara – Chamche and trek to Tal</i>               | <ul style="list-style-type: none"> <li>• <i>Cultural dinner and local entertainment</i></li> </ul>            |
| <i>Trek Tal - Danaque</i>  | <ul style="list-style-type: none"> <li>• <i>flight to Pokhara</i></li> </ul>                                  |
| <i>Trek Danaque - Chame</i>  | <ul style="list-style-type: none"> <li>• <i>Buddhist Monasteries</i></li> </ul>                               |
| <i>Day 6 Trek Chame – Lower Pisang</i>                             | <ul style="list-style-type: none"> <li>• <i>Rhododendrons (in season)</i></li> </ul>                          |
| <i>Day 7 Trek Lower Pisang – Manang</i>                            | <ul style="list-style-type: none"> <li>• <i>Pokhara township</i></li> </ul>                                   |
| <i>Day 8 Trek Manang – Acclimatisation day</i>                     | <ul style="list-style-type: none"> <li>• <i>Lake Phewa</i></li> </ul>   |
| <i>Day 9 Trek Manang – Yak Khaka</i>                               | <ul style="list-style-type: none"> <li>• <i>International Mountaineering Museum</i></li> </ul>                |
| <i>Day 10 Trek Yak Khaka – Thorung Phedi</i>                       | <ul style="list-style-type: none"> <li>• <i>Thorung La (5,416 mt)</i></li> </ul>                              |
| <i>Day 11 Trek Thorung Phedi – High Camp – Acclimatisation day</i> | <ul style="list-style-type: none"> <li>• <i>Muktinath Temple complex</i></li> </ul>                           |
| <i>Day 12 Trek High Camp Thorung La - Muktinath</i>                | <ul style="list-style-type: none"> <li>• <i>Kali Gandaki Valley (deepest Valley in the world)</i></li> </ul>  |
| <i>Day 13 Trek Muktinath - Kagbeni</i>                             | <ul style="list-style-type: none"> <li>• <i>Mt Macchapuchhare (fishtail Mountain)</i></li> </ul>              |
| <i>Day 14 Trek Kagbeni – Marpha</i>                                | <ul style="list-style-type: none"> <li>• <i>Historical forts</i></li> </ul>                                   |
| <i>Day 15 Trek Marpha – Kalopani</i>                               | <ul style="list-style-type: none"> <li>• <i>Ancient town of Kagbeni (border to Mustang Valley)</i></li> </ul> |
| <i>Day 16 Trek Kalopani – Tatopani</i>                             | <ul style="list-style-type: none"> <li>• <i>Wooden Carved buildings of Tucke</i></li> </ul>                   |
| <i>Day 17 Tatopani Hot springs chill out</i>                       | <ul style="list-style-type: none"> <li>• <i>Hot Springs at Tatopani</i></li> </ul>                            |
| <i>Day 18 Trek Tatopani – Sikha</i>                                |   |
| <i>Day 19 Trek Silkha – Ghorepani</i>                              |   |

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| <p><b>Day 20 Trek Ghorepani – Poon Hill – Ulleri</b></p> <p><b>Day 21 Trek Ulleri – Berithanti – drive to Pokhara</b></p> <p><b>Day 22 Pokhara – chill out day</b></p> <p><b>Day 23 Fly Pokhara to Kathmandu</b></p> <p><b>Day 24 Kathmandu</b></p> | <ul style="list-style-type: none"> <li>• <b>Annapurna Mountain range from Poon Hill</b></li> </ul> |
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**“Vote with your feet and come walk with me”**

**Detailed trip itinerary (quoted trekking hours are estimated trekking times)**

**Day 1: Kathmandu - 1,400 metres**

There will be a meeting at 9am on day one for group introductions and trek briefing followed by sightseeing and visiting monuments of Kathmandu city, with some leisure time to relax as well,

We will meet for a group cultural dinner in the early evening (included in the price).

The rest of your evening will be at your leisure to pack for your departure to the Annapurna region the next day.

Accommodation: Hotel / Guest House

**Day 2: Kathmandu - Pokhara**

Today we fly to Pokhara and spend the rest of the day at your leisure to explore Pokhara town or maybe take a canoe trip on the Phewa Tal Lake or visit the International Mountaineering Museum .(well worth a visit) or Tibetan refuge village and monastery.

Accommodation: Hotel/ Guest house

**Day 3: Drive Pokhara – Chamche & trek to Tal – 820 – 1,700 m – 2 ½ hours**

We transfer by road to Chamche from Pokhara, to where we will start the Annapurna trek. From here we will trek approx 2 hours to Tal. We are able to see the first good mountain views of Himalchuli, Ngadi Chuli (also known as Manaslu 2).

We climb up to Tal, passing from the Lamjung district through a large arch entrance into the Manang district. Tal sits in a wide open valley with a swift glacier river flowing and large steep impressive cliffs on each side. There are differences from the

Lamjung district in that the people are Buddhist, of Tibetan ancestry. The teahouses are stone buildings with flat roofs. There will be a chance to visit a small monastery, flour mill powered by water and impressive waterfall.

Accommodation: Teahouse

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#### ***Day 4: Tal – Danaque- 1,700 - 2,300 metres– 3 ¼ hours***

After being woken early with a caravan of donkey's passing our teahouse with there ever ringing bells, we follow the stone wall out of town across the valley for a short climb to Karte. The sub tropical vegetation changes to pine trees as we move higher with less chance of rainfall. After passing through the stone entrance to Dharapani and a check post we stop for a welcome break. The track is a pleasant gradual walk to Danaque through Rhododendron forest (in season) and hopefully hot water for showers.

Accommodation: Teahouse

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#### ***Day 5: Danaque – Chame - 2,300 - 2,670 metres - 3 ¾ hours***

Today is beautiful through more Rhododendron forests (in season) and Pine trees high above the Marsyandi River. We have excellent views of Mt Manaslu, Annapurna 2 & 4 and Lamjung. We pass a health post police check point before arriving in Chame the district headquarters of Manang, There will be a chance to bath in some hot springs, spin the long wall of prayer wheels, email family or maybe visit a Buddhist temple. Chame is a delightful place to stay and has a bank, post office, health post and many well stocked shops.

Accommodation: Teahouse

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#### ***Day 6: Chame – Lower Pisang - 2,670 - 3,200 metres – 4 hours***

After stocking up with safe drinking water at Chame we head off on the Manang track close to the river passing apple orchards and the ruined Tibetan refugee village of old Bhratang. We pass a magnificent cliff of granite near the bridge of Paungda Danada which looks like a giant wave. This is a day of fascinating and varying landscapes in the Manang valley with large rocks and boulders, lakes in a large open flat area before reaching Lower Pisang our overnight stop looking over the valley and across to Upper Pisang.

After settling in to our accommodation we take a side trip to Upper Pisang to help with acclimatisation and to visit a very colourful Tibetan Monastery and a humorous monk who shows you around.

Accommodation: Teahouse

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***Day 7: Lower Pisang – Manang - 3,200 - 3,540 metres – 5 ½ hours***

Today we cross a wide open valley for about 30 mins through pine trees passing some impressive lime stone cliffs before climbing steeply to the Upper Pisang track to Ghyaru. The Upper Pisang route to Manang rewards us for our efforts with some of the best views on the Annapurna Circuit, such as Annapurna 2 (7937m) North Face, Lamjung (6,931m), Annapurna 3 (7,555 m), Gangapurna (7,455mt), Pisang, and Tilicho. We will pass through the ancient village of Ngawal and the ruins of an old fort. Manag is an interesting village and one of the largest in the valley which some excellent Teahouses.

Accommodation: Teahouse

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***Day 8: Manang – Acclimatisation Day***

On our rest day we will take a side walk to an Ice lake to help with acclimatisation and maybe get the opportunity to visit historical sites and temples in the area. At 3pm we visit the Himalayan Rescue Ass and health post (HRA) where Volunteer Doctors give very informative talks to trekkers. Their primary aim is to save lives and to educate, by alerting trekkers to the dangers of altitude sickness. It is possible to post letters in Manag; take in a video at the cinema, or pass away the time sampling the excellent bakeries (Chocolate cake, cinnamon rolls, apple pie/crumble, and buckwheat bread). There is also a fast internet café to email friends and family.

Accommodation: Teahouse

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***Day 9: Manang – Yak Khaka 3,450 - 4,018 metres 3 ¼ hours***

Today we take a very slow pace and leave Manang passing through the old Manang village before reaching a stupa with prayer wheels to spin and wish us luck for our safe journey to Yak Kharka. We pass more stalls selling Tibetan souvenirs and trinkets and climb steeply for approximately 1 hr to Gunsang for a welcome break and hot lemon. There are great views today of the surrounding mountains and yaks grazing on the mountainside. After reaching Yak Kharka and having lunch we go for a side walk to acclimatise before dinner. The food here is very yummy with a nice warm fire to sit around and share stories with new found friends. While today is just a short walk it is very important not to walk any further due to the elevation gain and the need to acclimatise.

Accommodation: Teahouse

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**Day 10: Yak Khaka – Thorung Phedi – 4,018 – 4,450 metres - 2 ½ hrs**

Another short and slow walk today to adjust to the altitude in this lunar like landscape with steep glacial valleys and surrounding snow capped peaks each and every way you look. After lunch we will take a side trip to acclimatise in preparation for our crossing over the pass. The teahouse has very nice fresh baked cinnamon buns or croissants to enjoy with fresh coffee. A small and unexpected luxury amongst the high altitude mountains!

Accommodation: Teahouse

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**Day 11: Thorung Phedi – High Camp – 4,450 – 4,550 metres – 1 ½ hrs**

Today is a steep zigzag climb to High Camp where we will have time to relax and also take another side walk to help acclimatise for our climb over Thorung La pass. If you are feeling the affects of altitude it is possible to hire a pony to take you to Thorung La pass.

Accommodation: Teahouse

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**Day 12: High Camp – Thorung La – Muktinath – 4,550 – 5,416 – 3,800 – 7 ½ hrs**

With a very early morning start and will take approximately 2 - 3 hours to climb to Thorung La pass. We stop after about 1 hr at a café for hot drinks and continue trekking a series of false summits before we reach one of the worlds highest passes, the Thorung La at 5,416 metres. We stop to enjoy the moment, have a hot drink and to take commemorative photos in the stony/snowy landscape with prayer flags and mountains abound, maybe play in the snow if we are lucky. Our descent takes us pass a large glacier before reaching our well-deserved lunch stop at Chengur. We arrive at Muktinath/ Ranipauwa mid-afternoon for a well-earned rest and showers. There is great shopping with stalls abound here in Ranipauwa with Tibetan scarfs, singing bowls, bracelets and jewellery. Hope you have a big enough day bag to carry it all.

Accommodation: Teahouse

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**Day 13: Muktinath – Kagbeni - 3,800 - 2,800 metres 2 ¼ hours**

This morning we will visit Muktinath which is an interesting walled temple complex that has attracted Hindu and Buddhist for centuries. This is considered a holy place for the Hindu and it maybe possible to get a blessing in the temple for a small

charge. There are many street stalls selling jewellery, scarfs, and Tibetan curios. After visiting Muktinath temple we will depart for Kagbeni, walking through some interesting villages and pinnacle like landscapes on the other side of the valley.

Kagbeni is a fascinating village dating back to the 11<sup>th</sup> century and the last village in the Kali Gandaki valley before entering the Mustang district. We will visit a monastery dating back to 1429 with the existing mantra's still visible. There is a great internet and real coffee in this great little village to satisfy your appetite.

Accommodation: Teahouse

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#### ***Day 14: Kagbeni – Marpha - 2,800 - 2,670 metres – 3 ¼ hours***

We face the strong winds that blow up the Kali Gandaki valley on our way to Jomsom for our lunch stop. Jomsom is the capital of the Mustang district and houses an airport, postal services, schools, hospital and army base. It is an easy walk down the wide open valley to Marpha. This region is known for the Baragaon (meaning 12 villages), and the Towas caste people. All the house frontages are painted white annually to keep the high clean standard as ordered by the town council. There is 200 year old Monastery with a retreat for meditation and excellent shopping to be had in this very interesting town that you won't want to leave. Marpha is known for its local distillery which makes 80 % of the apple brandy with varieties of peach, or apricot available or apple cider

Accommodation: Teahouse

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#### ***Day 15: Marpha – Kalopani - 2,670 - 2,530 metres – 4 hours***

Today We come back into vegetation walking beside the Kali Gandaki River, which is approx one kilometre wide in places and passing a point where we stand at the bottom (2,540m altitude) of the world's deepest valley, some 5 ½ km below the summit of Dhaulagiri (8,167m). Tonight we stay in a teahouse that has an organic menu and the best Dal bhat on the Annapurna Circuit. A great stop with great food and excellent Nepalese hospitality.

Accommodation: Teahouse

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#### ***Day 16: Kalopani - Tatopani - 2,530 - 1,190 metres – 5 ½ hours***

On reaching Tucke we will come across beautifully carved buildings and some of the finest wood carving to be seen in the Annapurna area. Today's walk offers lush green bush, waterfalls, steep gorges and interesting mountains and landscapes. Upon reaching Tatopani there will be the opportunity to relax and soak those tired muscles

in the hot tubs beside the Kali Gandaki River.

Accommodation: Teahouse

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***Day 17: Tatopani Hot springs - rest day – 1,190 metres***

Tatopani (name means hot spring) has services such as a bakeries, yummy cakes, food, book exchange, internet, phone office, shopping etc. Tatopani is well known for gold and silver jewellery.

Accommodation: Teahouse

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***Day 18: Tatopani – Silkha - 1,190 - 1,935 metres - 3 hours***

We will make an early start today to climb out of the Kali Gandaki valley before the heat of the day. The walk is mainly all uphill all the way to Silkha through some very interesting valleys amongst terrace fields and settlements. The locals can be seen working the land on lush green hill sides growing barley and maize.

Accommodation: Teahouse

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***Day 19: Silkha – Ghorepani - 1,935 - 2,750 metres – 3 ¼ hours***

This section is full of colour if trekking in the Rhododendron season which gives welcome shade and a good excuse to stop and admire the view. After the long climb through some fabulous scenery we are come to Ghorepani which has some great teahouses, bakeries, book shops and Tibetan stalls with curios for sale. There will be another chance to catch up on emails and visit the old town of Ghorepani

Accommodation: Teahouse

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***Day 20: Ghorepani – Poon Hill - Ulleri - 2,750 - 1,960 metres – 2 hours***

An early morning start will see us with head torches climbing 40 minutes up to Poon Hill ( above Ghorepani) to watch to sun rise over the breath-taking Himalayan Mountains. These stretch from Dhaulagiri at 8,167 m to Manaslu (the worlds eight highest mountain), with the Annapurna range in between them. There are fantastic views of Machhapunchhre on a clear day and then we return through the Rhododendron forest for breakfast to our teahouse before our departure for Ulleri. There is quite a bit of down hill today descending a staircase with some 3,421 stone slabs. Sadly tonight will be our last night on the Annapurna Circuit.

Accommodation: Teahouse

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**Day 21: Ulleri - Berithanti – Pokhara - 1,960 -820 metres 3 hours**

A refreshing walk through a landscape of rocks, boulders and stone paths to Birethanti the end of our trek where we will be met by private transfer to Pokhara, for showers, to relax and unwind with time at leisure. We will meet in the evening to take out our guide and porters for a farewell dinner.

Accommodation: Teahouse

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**Day 22: Pokhara – free day to explore**

A day at your leisure to hang out and shop in Pokhara, catch up on emails, canoe on the beautiful lake, have lunch/dinner in one of the many restaurants, shop to your heart desires.

Accommodation: Hotel / Guest House

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**Day 23: Pokhara - Kathmandu**

Today we fly from Pokhara to Kathmandu and the rest of the day will be at leisure to explore the sights or soak up the atmosphere of the hustle and bustle of Thamel. We will meet for a group farewell cultural dinner (at your own expense) in the evening.

Accommodation: Hotel / Guest House

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**Day 24: Kathmandu**

After breakfast the trip will end. You may wish to stay on an extra few days at Tibet Guest House Hotel which has an amazing roof top garden to sit and relax, or enjoy the panoramic vista of the mountains or maybe visit the many historical sights that Kathmandu has to offer.

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**Price includes:**

- **Experienced English speaking Local Guide**
- **Ascend to Thorung La pass at 5,416 metres**
- **Acclimatisation days in Manang, Yak Khaka, High Camp**
- **Return flight Kathmandu to Pokhara including transfers & departure taxes (value of USD240.00)**

- **Cultural dinner with local entertainment (valued USD30) –excludes drinks**
- **Half day sightseeing in Kathmandu including entrance fees (value of USD40.00)**
- **Porter to carry your large pack –Trekking Adventures policy of one porter = one pack (which means less weight for the porters)**
- **Guide and porter salaries**
- **Trekking Adventures T-Shirt (value of USD85.00)**
- **Five nights x hotel (in Kathmandu & Pokhara) and 18 nights teahouse (lodge type with comfortable foam mattress and pillow) on twin shared basis**
- **Annapurna special Trekking permit and Tims certificate**

### ***Local porters:***

The guides used are all experienced. Each person will have a porter to carry their baggage however you will be expected to carry your own day pack which should be large enough to carry all you will need throughout the day e.g. raincoat, water bottle, camera, spare clothing, snack food, etc.

### ***Tipping:***

It is customary to tip the tour leader, local guides and porters at the end of your trek Please allow US\$100 which is payable in Nepali rupees **Gifts:** Guides and porters also appreciate any discarded warm clothing, shoes, and packs.

### ***Accommodation:***

All accommodation is as detailed in this itinerary and are in hotels/teahouses twin/triple/ while trekking, and standard hotels in Kathmandu. Extra accommodation can be reserved for you in Kathmandu before and after your tour at a discounted price. Please enquire for prices at the time of booking

### ***Nepal Visa:***

Prior to departure you may need to obtain certain visas depending on your nationality. Specific information is given to you in your pre departure information. A visa may be obtained at point of entry into Kathmandu at a cost of approx USD\$40 for 30 day multiply entry or US\$60 for a 100 day multiply entry.

### ***Clothing Note:***

While there is no technical climbing equipment required you should take warm and appropriate leather walking boots, sleeping gear and clothing as the trek in the Annapurna region can get very cold in the evenings.

### ***Important Note:***

You will need to bring your passport and a copy of your travel insurance policy to the briefing on day one.

### ***Donations:***

Please note that there will be times that you will be expected to make a donation when entering some historical sights, especially Monasteries.

### ***Pre departure information:***

Further to the information provided in this dossier, a pre departure information booklet will be sent to you. This Pre departure booklet provides you with information regarding visas, joining instructions, clothing/equipment, health requirements, Vaccinations, hotel accommodation, training tips for fitness etc. Please read it carefully to make sure you are fully prepared.

### ***Important note:***

The enclosed notes are intended as a guide only, indicating a typical itinerary and series of activities and highlights. While every effort will be made to follow the route published on any departure and the distances travelled, driving time and available activities can vary for a number of reasons, in the event of political problems or natural difficulties which are beyond our control and prevent travelling to a particular area, Trekking Adventures reserve the right to substitute an alternative activity for that section of the trip. Overnight stops may vary on occasions from those suggested Please note that your leader has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns The leader will try to ensure that the trip runs according to plan, but please be prepared to be flexible if necessary.

**Remember if you do not undertake some training before hand and you are found not be fit enough for the trip, this may jeopardise you being able to remain on the trek. (please read the terms & conditions carefully regarding this).**

### ***Price does not include:***

- Entry Visa to Nepal,
- Drinks, tips, laundry and other items of personal nature
- Arrival and departure transfers
- Meals except where indicated in the itinerary

- personal gear,
- International airfares and Travel Insurance
- Single supplement

***Optional extras before or afterward your trip:***

- Chitwan Safari (3 days),
- Everest Mountain Flight (approx. 40 minutes)
- Annapurna Base Camp
- Overland to Tibet (13 days).

Updated September 2019

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