



Global Treks & Expedition P. Ltd.

Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Annapurna Circuit Treks Brief Itinerary

Day 1 : Kathmandu arrival (1,350 M)

Well Come to Nepal at Tribhuwan International Airport (TIA) in Kathmandu, we will be greeted by a representative from Global Treks Nepal who will reception and drop us off at our hotel. When you are ready you will be collected from your hotel lobby and driven to our Thamel office Global Treks Nepal where you will be formally introduced to your Trekking Guide. We will go through your entire trek itinerary and arrangements with you to ensure every detail is in place. We will also ask for your passport photographs and any other details so that we can organize any permits required for your trek and the region you will be exploring.



Day 2 : Kathmandu sightseeing

After breakfast, we will conduct a guided tour and introduction to our rich culture and fascinating history. You will visit with our guide of these places Swoyambhunath, Pashupatinath, Boudhanath, and Durbar square.

Swoyambhunath: Swoyambhunath is a Monkey temple which is approximately 2600 years old Buddhist Stupas, overlooking the entire Kathmandu valley. Swoyambhunath- literally 'self-existent god', is often referred to as the Monkey Temple due to the thousands of monkeys- the local dwellers. The main Stupa, memorials of monks and local people, ancient sculptures, the temple of child protector goddess, monasteries, etc are the main attractions here. Moreover, you can throw bird-eye-view to all the monument sites of the Kathmandu tour since this is the highest point inside the valley.

Pashupatinath: Pashupatinath temple which is In We literally- the god of animal lives. As one of the must-visit legendary Hindu temple in the subcontinent, this site welcomes millions of visitors every year. The temple is located on the bank of sacred Bagmati River, which runs down to the Ganges. Here, you get a chance to witness open public crematorium with all the rites and rituals being performed. You come to see even the holy men posing for pictures with painted face, dreadlocked hair and ash-applied body

Boudhanath: Boudhanath stupas is the god of wisdom. It is considered as one of the largest Stupas in the world. Constructed back in the 4th century, this Stupa is the must-visit site for the Tibetans. The shrine itself resembles a Tibetan village since the locale comprises Tibetan monasteries and the exiles. Besides this, there are a number of painting schools with Lamas painting Thanka, the best souvenirs from Nepal.

Kathmandu Durbar square: Kathmandu Durbar Square is Etymological, 'Kumari' stands for a virgin girl- the living goddess and 'Baha' is a monastery in the local tongue. Designed in Vihara architecture, Kumari Baha houses the living goddess. As a living reincarnation of Hindu goddess Taleju, a young girl is selected from a Buddhist family maintaining religious harmony and co-existence. The girl gets retired when she reaches puberty.

Day 03 : Drive Kathmandu to Besisahar (830M) by Delux Bus/private transportation

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We will collect you from your hotel bright and early to start our journey. The drive will wind through the many hills of the Trishuli river valley. After a 7-6 hours drive (185 km) from Kathmandu, we reach Besishar. Upon arrival at Besisahar, you will witness the stunning snow-capped mountain panorama. Overnight at a guesthouse.

Day 04 : Besisahar to Bahundanda Trek (1,310 m)

Today the treks start at Besishahar to Bahundanda, from where the trail makes the climb to Khudi at 790 M, with slopes terraced into Thousands of beautiful rice field nearly aligned on the valley sides then reach the first Gurung village (many of Nepal's Gurkha Soldiers are Gurungs). The walk continues past waterfalls, rice paddies, tiny farming communities and through wonderful forests. As we continue from Khudi, the Manaslu mountains get a little closer as we walk higher and fine views of Himalchuli and Peak 29 (Ngadi Chuli). It climbs to Bhulbhule at 825 M, then goes to Ngadi before reaching Lampata at 1,135 M and nearby Bahundanda at 1,310 M. A brilliant start to the culture of Nepal. Overnight at a guesthouse.

Day 05 : Trek Bhundanda to Chyamche (1,400 M)

We continue trail drops steeply to Syange at 1,070 M from Bahundanda the walk steeper and the rice terraces even more impossible to contract and farm. On the way, you can see a large waterfall (season permitting). The trail continues and after crossing the Marsyangdi River valley on a suspension bridge, we follow the river to the stone village of Jagat before climbing through the forest to Chyamche at 1,400 M. we trek through amphitheater-shaped rice terraces along a steep vertical cliff forest and some culturally intriguing villages. We gain altitude and reach range (1,100 M) altitude and continue up to Jagat (1,300 M). the trail then gets getting a little steeper again as we end a fantastic day a valley walking at Chyamche. Overnight at a guesthouse.

Day 06 : Trek to Bagarchhap 2,160 M

The walk will test your muscles again as we head higher up the valley with the rocky trail we head higher up the valley to following the Marsyandi Rivers steadily uphill to Tal (1,675 M) the first village in the Manang district. We pass many and more farming communities that now subsist off their crops of corn, barley, and potatoes and then through the forest of bamboo and rhododendrons. We make a trail verse crossing a wide, flat valley. The journey continues up and down to Dharapani (1,890 M). A stone entrance chorten typical of the Tibetan influenced villages. Upon reaching Bagarchhap (2,160 M) the typical flat-roofed stone houses of local Tibetans can be seen along with the village surrounded by apple Orchards and maize fields. Overnight at a guesthouse.

Day 07 : Trek to Chame (2,630 M)

Today we "turn the corner" the trail climbs to Syanja (2,360 M), then continuing through a forest, but near the river to Kopar (2,590 M).the trail becomes more challenging as we cross some steep and forested ridges and negotiate sites of the old and more recent landslide that cut across the trail. As we reach the Chame, the headquarters of the Manang district, we are rewarded by the fine views of Annapurna II, Lamjung Himal, Annapurna IV (7525 M) as you approach Chame and two small hot springs by the town. Along with this route we are introduced to a local community of which the residents are said to have migrated from Tibet centuries ago, noticeable by their distinct physical features and lifestyle as well as architecture and livelihood unique to Tibet. Overnight at a guesthouse.

Day 08 : Trek to Pisang (3,300 M)

The day starts through deep forest in a steep and narrow valley is a fantastic day of challenging walking and spectacular mountain and valley scenery to crosses a river on a long bridge(2,910 M). We then cross another bridge(3,040 M) from where the view of the soaring Paungda Danda's rock face really begins to appear.when we reach Bratang we turn northward again and head through a very narrow section of the

valley with huge cliffs and landslide scree slopes. This is the dramatic place to trek as you look down into the valley and then high up to the Annapurna Massif Peaks above. This treks in Nepal at its very best. From there the trail joins to climb to Pisang, which sprawls between 3,200 M and 3,300 meters. Overnight at a guesthouse.

Day 09 : Trek to Manang (3,540 M)

The trail has many branches and options today but they all take the drier upper part of the Manang district, cut off from the full effect of the monsoon by the Annapurna Range. The higher up the valley under the towering peak of (7,555 M) Annapurna III to the south. Their region people herd the yaks and raise crops for a part of the year. The alternate trails form the north and the south of the Marsyangdi River which meets up again at Mungji next place. The southern route by Hongde, with its airstrip(3,325 M), involves climbing down than the northern route via Ghyaru, though there are better views on the trail that follows the northern bank of the river. This is now the more harsh, cold and dry climate of the high plateau of Tibet. From Mungji, the trail continues past the picturesque but partially hidden village of Bryanna (3,475 M) to the nearby Manang(3,540 M) have a chance to glimpse the life of the Buddhist monks who live here throughout the year. Overnight at a guesthouse.

Day 10 : Acclimatization day at Manang village

Today we let the heart, lungs, and muscles recover and give our boots a quick clean too in Manang for acclimatization day. Each day we have been gaining altitude, but we must do this in carefully measured stages to ensure proper acclimatization for the higher altitudes and high passes ahead. So today we just do some short walks to explore the region around Manang. Bhojo Gompa or a short walk across the valley floor to Gangapurna Lake is worth visiting sites from acclimatization point of view. Further, we pay an easy excursion to a little distance away to a village called Vraga, upon where we will be at a village's monastery. Most importantly today we must continue to acclimatize for the challenging days ahead.

Day 11 : Trek to Yak Kharka (4,110 M)

Today we gain over 600 M in altitude and by the time we reach Yak Kharka at 4,110 m, we will have just 62% of sea level oxygen available with every breath. We make the climb steadily through Tenki Manang, leaving the Marsyangi Valley. Herds of yaks and vegetations appear to thin out. The trail heads north as we ascend a side valley out of the main Marshyangdi Valley we have been trekking, the trail crosses a stream, climbs to a village of Tenki above Manang, and then continues to climb out of the Marshyangdi Valley turning northwest up the valley of Jarsang Khola. The trail follows this valley northward, passing a few pastures, a scrub of juniper trees, as it steadily gains elevation. The trail further passes near the small village of Ghunsa, a cluster of flat mud roofs just below the trailhead. Now the trail goes through meadows where horses and yaks graze. We pass through high meadows where sheep, cattle, yaks and even horses graze. We pass a number of small communities and often meet shepherds with flocks and finally reach the little village of Yak Kharka.

Day 12 : Trek to Thorong Phedi (4,600 M)

We ascend another 500 M today After a two-hour ascent the trail descends to cross the river at 4,310 M. We walk up increasingly steep trails as we head high up the valley. The walking becomes a little harder with each hour and so we must take our time rest often and continue to properly manage our altitude acclimatization. We make our way to the foot of the pass Throng Phedi. Throng Phedi is a small busy settlement catering to the needs of tried trekkers and climbers. The Thorung Phedi Exists to support trekkers and expedition climbers. We then climb up to Thorong Phedi (4,450 M)where decent guesthouses have been built in recent years. Overnight at a guesthouse.

Day 13 : Trek to Muktinath (3,800 M) via Thorung La pass (5,416 M)

Today we face the greatest challenge of the treks as we attempt to cross the throng la pass. Your guide

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will keep a careful eye on the weather condition and the condition of every member of your trekking group. This is a long trek starting before sunrise at 4 am to reach the pass by 9-10 am otherwise weather conditions (strong winds) will greatly affect the journey, particularly at the Thorung La Pass (5,416 M). the throng la pass will take us to 5,416 M or 17,764 ft altitude where each breath brings in just 52% of the oxygen available respect. We climb steeply on a regular route which is quite easy to follow. About four hours climb up to the pass marked by the chortens and prayer flags will reward you with stunning views from the top of the pass. Another four hours of walking will take you to the holy town of Muktinath. Muktinath means place of Nirvana and is home to the Muktinath temple as well as several monasteries. It is said that all sorrows you feel are relieved when visiting the Temple, Which is a sacred pilgrimage site for both Hindus and Buddhists. The trail will wind up the valley well to the lowest crossing point possible in this part of the Himalaya Ranges. The prime pilgrimage month is September. The Temple is dedicated to Lord Vishnu and has 108 waterspouts around it. Another attraction nearby is the Jwala Mai Temple which has a gorgeous natural spring and an eternal flame fueled by natural gas. Overnight at a guesthouse.

Day 14 : Trek to Marpha (2,670 M)

This day is our descent continues through the Kali Gandaki Valley or side of Kali Gandaki River to Marpha trail, it is very nice and beautiful view home to the legendary apple orchids. You will be able to taste the apples and the myriad apple products like pies and wine verity of Apple. Apple Brandy is another local specialty that you may be lucky enough to taste en route. Overnight at a guesthouse.

Day 15 : Trek to Ghasa (2,010 M)

Today Trail walking to Ghasa we descend through the valley following the Kali Gandaki River to Ghasa. From there place very nice and beautiful views of rock and forests through the Kali Gandaki Valley. We walk along the bank of Kali Gandaki River. Overnight at a guesthouse.

Day 16 : Trek to Tatopani (1,190 M)

This day trail We walk through the world's deepest gorge is in Kopcheponi in Kali Gandaki river. We walk continue descending through the Kali Gandaki River valley to Tatopani. This place is famous for its hot springs, bathe where it gets its name (tato - hot; pani - water). This is the best place to relax your body after a long day's trek. We will spend another day relaxing at this spot. Overnight at a guesthouse.

Day 17 : Rest and relaxing day at Tatopani

Today we let the heart, lungs, and muscles recover and give our boots a quick clean take by hot springs water in TatoPani. So today is a relaxing day. Each day we have been gaining altitude, but we must do this in carefully measured stages to ensure proper acclimatization for the higher altitudes and high passes ahead. So today we just do take a rest and Bathe is natural Hot spring at Tatopani. And around the small village of Tatopani area to looks of mountain views. Overnight stay at the guest house.

Day 18 : Trek to Ghorepani (2,810 M)

Today We move on towards the steep climb to Ghorepani trail. This is a big day, it takes about 7 to 8 hours from Tatopani to Ghorepani. While the winter this trail will be covered with snow fine forests of oak and rhododendrons from the place. We climb about 1650 meters up. We will pass a couple of Magar and Gurung village on the track. While we will arrive at Ghorepani take introduce and enjoy with Magar and Gurung society. Overnight at a guesthouse.

Day 19 : Hike to Poon Hill (3,210m) and trek to Tikhedunga (1,570m)

Today early in the morning, we start an hour hiking to Poon Hill at an elevation of 3,210 M - a brilliant spectacle. Experience of sunrise as well as the sensational views of the Himalayas from Dhaulagiri Range

to Ganesh Himal range. There we spend about 1 hour to views of mountains, then return to Ghorepani where we take a hot and sweet breakfast at the hotel then trek down to Tikhedunga (1,570 M). We head off towards Tikhedunga, walking down along the ridges and through rhododendron forests of a large Magar village of Ulleri at 2,070 M, finally reaching Tikhedhunga after a descent. Overnight at a guesthouse.

Day 20 : Trek to Nayapul (1,010 M) - 3 hrs. Drive to Pokhara

Today we walk to move on towards climb down to the steep After some short and light trekking, we reach Nayapul (1,010 M). Then after an hour drive, we reach a nice and peaceful city of Pokhara, the serene valley which boasts fabulous views of the Himalayan mountains. Overnight at a hotel.

21 Day : Pokhara to Kathmandu by Tourist Bus

After your Breakfast at hotel ready to transfer to Kathmandu by Tourist bus at 6:30 AM , after 5-6 Hrs you will be Kathmandu Through the green valley and river valley.

Cost include

- Airport transfer through private tourist vehicle.
- 1 Night Pokhara Hotel accommodation with B/B plan.
- All your standard mentions Meals during the trek (**B-Breakfasts, L-Lunches, D- Dinners**).
- Lodges/Guesthouses accommodation during the 17 Days trek
- Local GLOBAL TREKS English speaking guide
- National Park permits and TIMS permit for trekking.
- Transportation on Delux bus. (Kathmandu-Besisahar /Pokhara-Kathmandu)
- Food, accommodation, salary, insurance, and medicine for all staff.
- All our government taxes, vat, tourist service charges
- Official expenses
- farewell dinner at Kathmandu.

Cost Exclude

- Lunch /Dinner whilst in Pokhara & Kathmandu.
- Travel insurance covers emergency Rescue and Evacuation.
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).
- Any others expenses which are not mentioned in the 'Price Includes' section.

Trip Map



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