



Annapurna Circuit Trek - 17 Days

Annapurna Circuit Trek is trekking through the region inside the Annapurna Conservation Area. It is a trek via the incredible Annapurna region and be awed by the Nepalese Himalayas. These snow-capped peaks, mist-shrouded valleys, out-of-the-way communities, and remote monasteries will inspire those with a bold spirit and a yearning for a definitive nature experience.

Reach altitudes of 5416 meters / 17,756 ft, discover the inherited traditions of the local people, and submerge yourself completely in the spectacular mountain wilderness of the Annapurna Circuit. This is a challenging trip, but the sense of triumph will leave even the most seasoned trekker with some unforgettable memories. This famous hike is astonishing for its ethnic villages, natural beauty, and easy access from Kathmandu or Pokhara.

Notwithstanding the new roads going up the Marsyangdi and Kali Gandaki valleys, the Annapurna Circuit trek is still very much worth it. Although many things have changed with the new road, a lot also remains the same. People are just as friendly, the villages just as authentic and the mountain views just as spectacular.

The Annapurna Circuit trek requires around two weeks of time, but most of the hike is easygoing. Gradual climbs and well-marked trails with frequent restaurants and lodges to take a break. What makes it challenging is the tough day you climb the Thorung La Pass and the altitude after Manang.

Trekkers will be able to get the panoramic sceneries of the Himalayas, including Mt. Dhaulagiri (8,167m), Mt. Annapurna I (8,091m), Mt. Manaslu (8,163 m), Mt. Annapurna II (7,937 m.), Mt. Annapurna III (7,555m), Mt. Annapurna IV (7,525m), Mt. Annapurna south (7,219m), Mt. Nilgiri (7,041m), Mt. Machhapuchhare (6,998m), Mt. Hiunchuli (6,441m), Mt. Lamjung Himal (6,986m), Tukucho peak (6,920m), Tilicho peak (7134m) and several other peaks throughout the trek.

We will begin our trek with a scenic drive from Kathmandu to Dharapani and the route follows the Marsyangdi River Valley taking you through Chame, Pisang, Manang, Yak Kharka, and Thorong Phedi. These places are the overnight spending places.

On our first day trek, we reach Chame, the district headquarter of Manang district. We make our entry here and set another journey for Upper Pisang. On the way to Pisang, we will have close-up views of the Annapurna mountains from our lunch spot Ngawal. The next day's short trek will take us to Manang.

In Manang, we spend one more day for acclimatization purposes and to prepare for the crossing of Thorung La pass. After acclimatizing at Manang, we continue the trail and head to Yak Kharka, and on the next day, we hike up to Thorong Phedi and spend the night there.

Leaving Thorong Phedi, we trek to Thorong High Camp and further to Thorong Pass (5416m). Thorong La Pass connects Manang village in the east with Muktinath temple and Ranipauwa village to the west. Now we begin our



Address: Boudha, 06 Kathmandu Nepal
Tel: +977-9842802155, +977-9844956319
E-Mail: info@outwardadventuretreks.com
www.outwardadventuretreks.com

downward hike for Muktinath, a sacred pilgrimage site for Hindus and Buddhists.

From Muktinath, we drive to Tatopani -famous for its hot springs. People believe that the hot spring water at Tatopani cures skin diseases. If you like, you can take a dip in this hot water. We will be spending the night at Tatopani before beginning another adventure for Poon Hill.

After breakfast at our guest house, we begin our hike passing the lustrous lands filled with rhododendron, birch, and magnolia forests, to Ghorepani. We spend a night at Ghorepani, the last settlement before Poon Hill. The next morning, we will wake up at around 4 am and begin our upward hike for Poon Hill. It is an hour's walk to reach Poon Hill.

Poon Hill (3210m) is a famous vantage point for spectacular sunrise and views of Dhaulagiri, Annapurna (I, II, III, South), Hiuchuli, Nilgiri, Macchapuchre, Tukucho Peak, Dhampus Peak, Gurja Himal several other mountain peaks, lush hills, magnificent waterfalls and many more. Capturing each moment in our cameras, we hike back to Ghorepani and begin our downward hike to Tatopani for an overnight stay.

The next day, we trek to Ghandruk, a popular Gurung settlement with beautiful views. On our last day's trek, we hike down to Nayapul and then drive to Pokhara. We spend overnight in Pokhara. The next day, we drive back to Kathmandu and complete our entire adventure.



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PRICE INCLUDES

Transportation

- Private vehicle for transfers as per in itinerary; airport pickup & drop, sightseeing,
- Private Jeep for Kathmandu to Dharapani, Muktinath to Tatopani and Nayapul to Pokhara
- Private vehicle for Pokhara to Kathmandu

Food and Accommodation

- Three nights' accommodation in Kathmandu in a three-star category hotel
- A night's accommodation in Pokhara in a three-star category hotel
- Twelve nights' accommodation in the best available local lodge/teahouse throughout the trek
- Breakfast in Kathmandu and Pokhara
- All standard meals (Breakfast, Lunch, and Dinner) during the trek
- Farewell Dinner in Kathmandu

Staff

- A Government licensed English-speaking trekking guide including wages, meals, insurance, lodging, transportation, and other necessary gear & equipment.
- For more than six trekkers, one assistant guide includes wages, meals, insurance, lodging, transportation, and other necessary gear & equipment.
- A porter for two trekkers including wages, meals, insurance, lodging, transportation, and other necessary gear & equipment
- A Government licensed English-speaking tour guide for the Sightseeing Program at Kathmandu

Permits and Tariffs

- Annapurna Conservation Area Permit (ACAP)
- Trekkers' Information Management Systems (TIMS)
- All other government, local taxes, and official expenses

Additional

- A Gortex (100% Waterproof) Duffle bag to keep your personal belongings to be carried by the porter
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Annapurna Circuit trekking map, Outward Adventure t-shirt
- Outward Adventure Appreciation Certificate after the successful trek
- A first aid medicine bag in each group (carried by trekking leader)



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PRICE EXCLUDES

- International Flight Cost
- Nepal Entry Visa Fees
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the climb
- Personal expenses such as alcoholic drinks, shopping, snacks, boiled bottled water, hot (Tea/ Coffee) and cold drinks, hot showers, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth
- Tips for guides, porters, and drivers (Tips are expected and appreciated)





ITINERARY IN DETAIL

Day 1: Kathmandu Arrival [1,338 m/4,390 ft]

Day 2: Kathmandu [1,338 m/4,390 ft] Sightseeing and Trek Preparation

Day 3: Drive Kathmandu [1,338 m/4,390 ft] to Dharapani [1,860m / 6,200ft]

Day 4: Trek from Dharapani [1,860m / 6,200ft] to Chame [2,610m / 8,890ft]

Day 5: Trek from Chame [2,610m / 8,890ft] to Upper Pisang [3,300m / 10,826ft]

Day 6: Trek from Pisang [3,115m / 10,200ft] to Manang [3,540m / 11,300ft]

Day 7: Rest and Acclimatization day at Manang [3,519m / 11,545ft]

Day 8: Trek from Manang [3,540m / 11,300ft] to Yak Kharka [4,050m / 14,275ft]

Day 9: <p>Trek from Yak Kharka [4,050m/ 14,275ft] to Thorong Phedi [4,525m / 14,525ft]</p>

Day 10: Trek from Thorong Phedi [4,525m / 14,525ft] to Muktinath Temple [3,760m / 12,623ft] via Thorong La High Pass [5,416m / 17,756ft]

Day 11: Drive from Muktinath [3,760m / 12,623ft] to Jomsom and Tatopani [1,200m / 3,940ft]

Day 12: Trek from Tatopani [1,200m / 3,940ft] to Ghorepani [2,860m / 9,385ft]

Day 13: Early morning hike to Poon Hill [3,210m / 10,525ft] and trek to Tadapani [2,630m / 8,630ft]

Day 14: Trek Tadapani [2,630m / 8,630ft] to Ghandruk [1940m/6360ft]

Day 15: Trek Ghandruk [1940m/6360ft] to Nayapul [1,070m/3,510 ft] and drive to Pokhara [820m/2,690ft]

Day 16: Drive Pokhara [820m/2,690ft] to Kathmandu [1,338 m/4,390 ft]

Day 17: Final Departure – Airport Drop