

**Hello Sir/Madam,
Greeting From Globetrot Holidays!!!**

Please check the below details for **Annapurna Circuit Trek – Nepal (16 Days 15 Nights)**

For booking & any queries call us on **+91 9969625616/+91 8779036988**

**Kathmandu(1N)-Jagat(1N)-Dharapani(1N)-Chame(1N)-
Pisang(1N)-Manang(2N)-Yak Kharka(1N)-Thorong Phedi(1N)-
Muktinath(1N)-Tatopani(1N)-Ghodepani(1N)-Tadapani(1N)-
Pokhara(1N)-Kathmandu(1N)**

Region: - Nepal

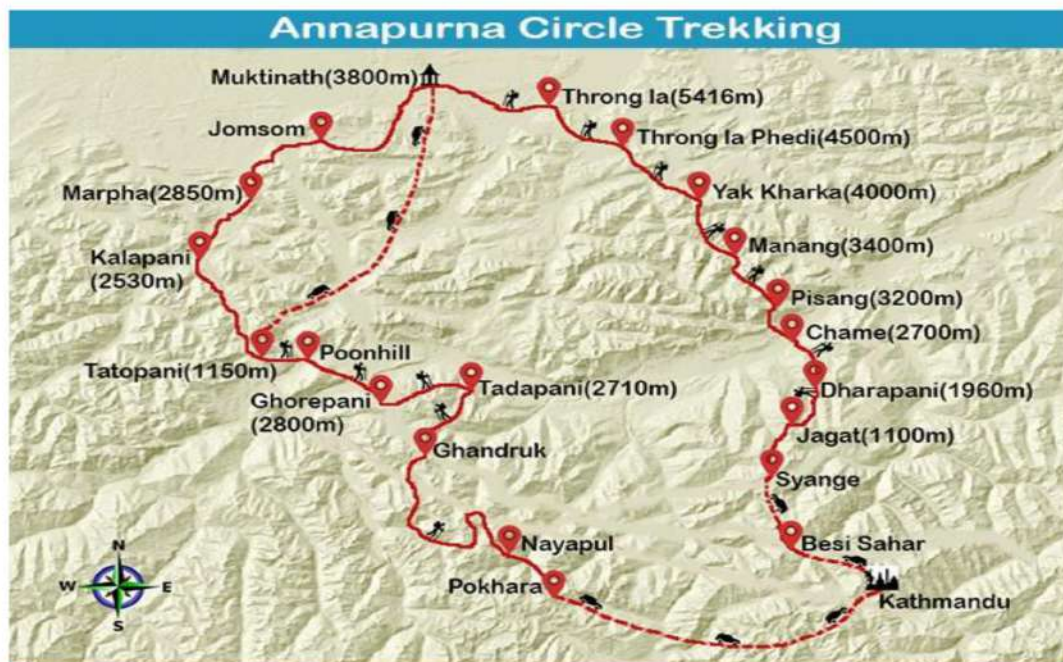
Grade: - Difficult

Max Altitude: - 17,800 ft. (5,400 m)

Approx. Trekking Km: - 150 km

Best Time to Visit: - March to May ; September to December

The Annapurna Circuit Trek can be strenuous at higher altitudes & it also requires an optimum level of bodily fitness & mental preparedness. It is a part of the Annapurna Mountain Range that starts on the quaint village called Besisahar & ends at the beautiful lake town of Pokhara. Highest Pass of the World – Thorong La Pass (5,416 m), World's Deepest Gorge – The Kali Gandaki Gorge, Sacred Hindu Temple – Muktinath Temple & Natural Hot Water Spring – Tatopani makes the Annapurna Circle Trekking an exciting & memorable trek.



TREK ITINERARY:

- **Day 01: Arrive Kathmandu (Altitude 1,400 m / 4,600 ft.) (D)**

On your arrival at Kathmandu Airport, our tour representative will meet you & then proceed directly to the hotel in Kathmandu. KATHMANDU is also known as “City of Peace”. Kathmandu, located in Kathmandu Valley of middle Nepal is the politic, economic, culture and tourism center of Nepal and the first destination foreign tourists come to discover abundant culture and grand natural beauty of the holy land. Today you can visit Pashupatinath Temple, Boudhanath Stupa, Kailashnath Mahadev Statue, Swayambhunath Stupa, Kathmandu Durbar Square, National Museum of Nepal, Garden of Dreams, Kopan Monastery. Pre-trek briefing will be conducted in the hotel by your trek leader. Check-in at the hotel. Relax for the rest of the day.

Dinner & Overnight stay at Kathmandu.

- **Day 02: Kathmandu – Jagat via Besisahar (Drive 215 km / 6-7 hrs ; Trek 5 km / 2-3 hrs) (Altitude 1,400 m / 4,600 ft. to 1,100 m / 3,600 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the hotel. Later proceed the journey to Jagat via Besisahar (Altitude 800 m / 2,600 ft.). Leave early morning for a long drive to Besisahar or Syange from where your trekking starts immediately immersing yourself in the spectacular mountain wilderness that encompasses the Annapurna Range. The road up to Besisahar is coal-tarred road, whereas after Besisahar the road is dusty & coarse. The trail takes you through Besisahar Bazaar leading downstream, followed by a climb up the rocky steps. There are several ups and downs as the trail makes its way through sub-tropical forests & rice paddies of Sera. Further along, traverse a suspension bridge across Khudi Khola & arrive at Bhulbule. En route you'll see more of countryside of Nepal that offers greeneries, rivers, villages, farms & beautiful mountain sceneries. You'll also walk past a series of natural waterfalls. From Bulbule, you can see beautiful views of Himalchuli & Manaslu II towards the north. Later you'll make an ascent towards the Bahun Dada which is a beautiful village of Brahmin inhabitants. This village sits over an impressive ridge. From Bahun Danda, the trail descends down. You'll trek across the beautiful terraces and streams. You'll now re-join the Marshyangdi River. Continue trekking past some beautiful waterfalls & cultivated lands. On the way, you'll cross various suspension bridges over the Marshyangdi River. Walk for some time & you'll reach a cliff in Jagat. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Jagat.

- **Day 03: Jagat – Dharapani (Trek 15 km / 7-8 hrs) (Altitude 1,100 m / 3,600 ft. to 2,000 m / 6,500 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Dharapani. Standing over the cliff, you'll see the beautiful Marshyangdi River streaming below. You can also enjoy the views of the surrounding hills from here. After walking for a short while, you'll reach Chamje. The trail begins with a climb uphill. Following the rushing Marshyangdi

River, you'll walk towards Tal. Setting off towards Tal, you'll again follow a steep uphill climb. After climbing the steep, you'll find yourself on the top of a splendid ridge. You'll continue to trek by crossing a suspension bridge. The trail continues uphill through a narrow & beautiful valley. In summer, you'll see beautiful waterfalls. You'll enter Manang district after crossing a large bridge near Tal. From here, you'll climb a long stone stairway. The trail continues through barley, rice, potato fields and pine forests past the village of Kodo. Further continue to trek uphill & downhill till you reach Dharapani which is one of the big villages in the Manang valley. At Dharapani, there are many chortens, some of which are centuries old. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Dharapani.

- **Day 04: Dharapani – Chame (Trek 16 km / 5-6 hrs) (Altitude 2,000 m / 6,500 ft. to 2,700 m / 8,900 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Chame. From Dharapani, you'll walk uphill to reach the village of Bagarchap. The village has typical stone houses with flat roofs. The locals here are Buddhist. In the village, you can see the influence of Tibetan culture. Most of the trail is rough & rocky. The trail from Bagarchap climbs up to a place called Tyanja. From Tyanja, the trekking trail continues through a forested area along with several landslides on route. Walking across a river, you will reach Kopar for a small break. You'll continue trekking further towards Chame which is the head-quarter of Manang. From Chame, you can see the splendid views of Lamjung Himal, Annapurna II, and Annapurna IV. You can also make a visit to the small hot springs nearby for a relief. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Chame.

- **Day 05: Chame – Pisang (Trek 15 km / 5-6 hrs) (Altitude 2,700 m / 8,900 ft. to 3,200 m / 10,500 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Pisang. From Chame, you'll cross a bridge over the Marshyangdi River. You'll first hike towards a place called Bhartang. The trail passes along narrow Marshyangdi river valley through the beautiful forests of Hemlock and Pine trees. On the way, you'll see beautiful meadows. The views of the distant Himalayan Peaks are refreshing. You'll find yourselves in the U-shaped valley of Manang hanging between two giant snow peaks. Reach Bhartang & have a small refreshment break. From Bhartang, you'll ascend uphill through the forests of firs, pine, and hemlock. After short hike, you'll reach Dhukur Pokhari. During the hike, you'll get the first sight of the bowl-shaped Paungda Danda rock face. On continuing further, you'll reach Pisang. A short uphill climb from Lower Pisang will take you to Upper Pisang. Upper Pisang offers majestic views of Annapurna II towards the south. You can also visit a gompa at the Upper Pisang. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Pisang.

- **Day 06: Pisang – Manang (Trek 17 km / 6-7 hrs) (Altitude 3,200 m / 10,500 ft. to 3,400 m / 11,200 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Manang. Wake up early morning to see the mesmerizing sunrise view on Annapurna II. Today, you will hike towards the dry regions of Manang. On the trail, you can enjoy the floral & faunal diversity at high altitude. You'll also see the beautiful gorges & some alluring peaks including Annapurna II, Annapurna III, and Pisang Peak. You'll continue to trek through the beautiful hills, lush jungle, and wetlands. You'll see varying landscapes, beautiful stupas & a lama school on the way. There are two routes that diverge at lower Pisang. Both the routes are trek routes to Manang. Both of them meet at a village called Barga. The upper route (Upper Pisang via Geru) is a longer one but recommended as it offers outstanding sceneries. This route is quite demanding but offers much better sceneries than the other route. The panoramic views of the mountain peaks, such as Annapurna, Pisang, and several others will definitely blow your mind. Barga is a big village with many shops. There is a 900 year old Barga Monastery, which is largest in the entire district of Manang. After resting for some time at Barga, you'll trek towards Manang. The cold, dry climate creates a much harsher environment. After around an hour of hike from Barga, you'll reach the village of Manang. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Manang.

- **Day 07: Manang (Altitude 3,400 m / 11,200 ft.) (B,L,D)**

Have an early morning Breakfast at the camp. Today is the acclimatization day in Manang where you'll adjust your body with the thin air and higher altitude. You can also give a visit to the Milarepa Cave and Bhojo Gompa. An easy excursion to a small old village called Vraga is also possible. You can go on a hike to Khangsar which gives spectacular view of Tilicho peak. Visit the Gangapurna Glacier Lake. It is not recommended to stay idle & also not be misconceived by the risk of altitude & always stay cautious while trekking. Relax for the rest of the day.

Dinner & Overnight stay at Manang.

- **Day 08: Manang – Yak Kharka (Trek 11 km / 3-4 hrs) (Altitude 3,400 m / 11,200 ft. to 4,000 m / 13,100 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Yak Kharka. From Manang village, the trail crosses a stream, climbs to a village of Tenki above Manang & then continues to climb out of the Marshyangdi valley turning northwest up the valley of Jarsang Khola. Walk along the Jarsang Khola river valley & you'll reach a beautiful place called Ledar. The trail follows this valley northward, passing a few pastures, a scrub of juniper trees, as it steadily gains elevation. The trail 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. After crossing a small river on a wooden bridge, the trail passes an ancient old Mani wall in a pleasant meadow & then reaches another small village of Yak Kharka. Little but gradual ascent is the key to avoiding altitude problems. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Yak Kharka.

- **Day 09: Yak Kharka – Thorong Phedi (Trek 7 km / 3-4 hrs) (Altitude 4,000 m / 13,100 ft. to 4,500 m / 14,800 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Thorong Phedi. Today you'll make your way to the foot of the pass, Thorong La Phedi. Thorong Phedi is a small busy settlement catering to the needs of tired trekkers and climbers. People use this point as a base camp. Some people also attempt a hike to the High Camp today so that the next day can be easier for them but it is not recommend attempting overnight at High Camp because sleeping in higher altitude is not really advisable. Have a sound sleep at Thorong Phedi rather than a risky sleep in higher altitude at the High Camp. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Thorong Phedi.

- **Day 10: Thorong Phedi – Muktinath via Thorong La Pass (Trek 16 km / 7-8 hrs) (Altitude 4,500 m / 14,800 ft. to 3,800 m / 12,500 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Muktinath via Thorong La Pass (Altitude 5,400 m / 17,800 ft.). Today is a long & toughest day of the trek. An early start is important to complete the mission. You'll be crossing the famous Thorong La Pass. Reach the pass before noon as strong winds might add difficulty later. Crossing the pass is tough. Watch out for the symptoms of altitude sickness while crossing the pass. Also, there might be some snows on the trail. Watch out for the iced rocks. Once you reach the highest point on the pass you'll see the chortens, prayer flags & the magnificent views of the surrounding. Continuing further to the descending trail, you will reach Muktinath with the setting sun. Muktinath is an important pilgrimage place for both Hindus and Buddhist. Hindus worship a fossil image at the famous Muktinath Temple as Lord Vishnu. Buddhist worship the same image at the Monastery as Bodhisattva Aalokitesvara. People take bath on the iced water coming from the water sprouts around the temple. The Jwala Mai Temple & the natural springs are some other attractions of the place. There is an eternal flame that gets fuelled by the natural source of gas. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Muktinath.

- **Day 11: Muktinath – Tatopani via Jomsom & Kalopani (Drive 80 km / 6-8 hrs) (Altitude 3,800 m / 12,500 ft. to 1,200 m / 3,900 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the journey to Tatopani via Jomsom (Altitude 2,700 m / 8,900 ft.) & Kalopani (Altitude 2,500 m / 8,200 ft.). Earlier there was only trekking option available so it used to take more time. Today there are vehicles (bus/jeep) available so you'll be taking advantage of it, to drive along the Tibetan Plateau above the Kali Gandaki-World's Deepest Gorge. You'll have to adjust yourselves in the vehicle. The drive would not be pleasant as the road is newly constructed, so it is rough & dusty. On the way, you will come to a place where there are ruins of a palace. The palace belonged to

the King of Mustang. The barren landscape of this area resembles Tibetan Plateau. At some point you have to change the vehicles too. The Kagbeni Valley sits at the confluence of 2 rivers: Kali Gandaki and Jhang Khola. At Kali Gandaki River, you'll find some black stones. Hindu worship these stones (Saligram) as a form of Lord Vishnu. Jomsom is a beautiful place where you can enjoy the beautiful landscape. You'll reach Tatopani by evening. You can relax by taking a dip in the famous natural hot water spring. A bath at the pool relieves your pain & stresses in the muscles. Check-in at the hotel. Relax for the rest of the day.

Dinner & Overnight stay at Tatopani.

- **Day 12: Tatopani – Ghodepani (Trek 13 km / 7-8 hrs) (Altitude 1,200 m / 3,900 ft. to 2,800 m / 9,300 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Ghodepani. From Tatopani, you'll gradually trek uphill to the beautiful village of Ghodepani. Today is one of the most beautiful day of the trek. You can see the inspiring Himalayan ranges while trekking. Also, the route is rich in unique culture, traditions, and diverse tribes. On your way from Tatopani to Ghodepani, you'll walk across the beautiful villages of Gharkhola, Ghara, Shikha, Phalante, and Chitre with terraced and inclined farmlands. You'll witness the different people of different ethnicities. Ghodepani is a beautiful village of typical Magars and Gurungs. The culture and traditions of the locals are very inspiring. Stay at Ghodepani as you'll climb next day early morning to reach Poon Hill. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Ghodepani.

- **Day 13: Ghodepani – Tadapani via Poon Hill (Trek 15 km / 6-7 hrs) (Altitude 2,800 m / 9,300 ft. to 2,700 m / 8,900 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the trail to Tadapani via Poon Hill (Altitude 3,200 m / 10,500 ft.). Early at dawn you'll ascend to Poon Hill to capture the moment of spectacular sunrise over the whole Annapurna & Dhaulagiri massifs and surrounding rice terraces. Other name of Poon Hill itself is a photographer's paradise. Later you'll continue with the up & down trail. Trek down to Tadapani through the rhododendron forests for your night stay. You'll witness some dazzling sceneries throughout the day. Check-in at the camp. Relax for the rest of the day.

Dinner & Overnight stay at Tadapani.

- **Day 14: Tadapani – Pokhara via Ghandruk & Nayapul (Trek 16 km / 6-7 hrs ; Drive 50 km / 2-3 hrs) (Altitude 1,800 m / 5,800 ft. to 1,400 m / 4,600 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the camp. Later proceed the journey to Pokhara via Ghandruk (Altitude 2,000 m / 6,600 ft.) & Nayapul (Altitude 1,100 m / 3,500 ft.). Today, through the Rhododendron forest you'll trek down to Ghandruk, second-largest Gurung settlement in Nepal. Gurung is one of the popular & culturally rich ethnic groups in Nepal. After a small break, continue to Nayapul where you'll finally conclude the actual trek followed by a short drive to Pokhara. POKHARA is also known as "City of Seven Lakes". Pokhara is the

gateway to the Annapurna region. All the big expeditions & trekking start from here. Enjoy the Himalayan views, rice fields and Nepalese culture around. Reach Pokhara by evening. Check-in at the hotel. Relax for the rest of the day.

Dinner & Overnight stay at Pokhara.

- **Day 15: Pokhara – Kathmandu (Drive 205 km / 5-6 hrs) (Altitude 1,400 m / 4,600 ft. to 1,400 m / 4,600 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the hotel. Later proceed the journey to Kathmandu. Reach Kathmandu by evening. Check-in at the hotel. Relax for the rest of the day & for shopping at Thamel Town.

Dinner & Overnight stay at Kathmandu.

- **Day 16: Depart Kathmandu (Altitude 1,400 m / 4,600 ft.) (B)**

After having an early morning Breakfast, check-out from the hotel. You'll be dropped at Kathmandu Airport as per your flight timings. Its time now to say goodbye to our trip companions. Let us be in contact with each other through email, Facebook.... And meet again on one more memorable tour with Globetrot Holidays. Trek concludes.

Package Includes:

- Accommodation on double/triple/quad occupancy basis in Hotels / Camps / Guest Houses at all places during the Trek with Daily Breakfast, Lunch & Dinner as per the itinerary only. (Meals Veg Only)
- Mountaineering qualified experts & professional Trek Leaders & Guide, Skilled local Cook & Support staff service.
- Private Vehicle from Kathmandu to Trekking Point on Day 03 & Trekking Point on Day 08 to Kathmandu including Local Sightseeing & Kathmandu Airport Pickup & Drop.
- All Entry Permits, Toll & Parking charges, wherever required.
- Porters for carrying common equipment. (like rations/tents/utensils/groceries)
- Basic First Aid Medical Kit with a portable Oxygen Cylinder.
- Common Kitchen/Dining/Toilet tents will be used during the trek.
- Facility of keeping extra luggage at Kathmandu Hotel/Guest House while leaving for trek.

Package Excludes:

- All kind of personal expenses such as tips, laundry, telephone bills, beverages, etc.
- It also does not include any meals unless and otherwise specifically mentioned.
- Airfare, GST, Travel Insurance.
- Entrance fees for sight-seeing.
- Optional, suggested or unspecified activities.
- Camera fee (still or movie)
- Additional sightseeing charges or extra usage of vehicle.
- Any additional charges arising due to natural calamities, political disturbances, vip movement, etc.

HOTEL DETAILS:

CITY	STANDARD
KATHMANDU	Kathmandu Eco Hotel / SIMILAR
JAGAT	Guesthouses / Alpine or Dome Tents / SIMILAR
DHARAPANI	Guesthouses / Alpine or Dome Tents / SIMILAR
CHAME	Guesthouses / Alpine or Dome Tents / SIMILAR
PISANG	Guesthouses / Alpine or Dome Tents / SIMILAR
MANANG	Guesthouses / Alpine or Dome Tents / SIMILAR
YAK KHARKA	Guesthouses / Alpine or Dome Tents / SIMILAR
THORONG PHEDI	Guesthouses / Alpine or Dome Tents / SIMILAR
MUKTINATH	Guesthouses / Alpine or Dome Tents / SIMILAR
TATOPANI	Guesthouses / Alpine or Dome Tents / SIMILAR
GHODEPANI	Guesthouses / Alpine or Dome Tents / SIMILAR
TADAPANI	Guesthouses / Alpine or Dome Tents / SIMILAR
POKHARA	Hotel City Inn / SIMILAR

DEPARTURES & TREK COST:

On Special Request.

Terms & Conditions:-

- Price valid from 1st January 2021 till 31st December 2021.
- 50% payment to be deposited at the time of booking confirmation & remaining 50% before one week of the tour departure date.
- Flight journeys can also be arranged at an additional cost.

- Who Can Go For Trek:-
- Experience of any high altitude trek at least 1 trek.
- The climber must be fit and have sufficient stamina to cover 5 km of distance without a stress.
- The climber should be able to carry a 10 kg backpack.
- Heart problem, high blood pressure, asthma, and epilepsy cannot be reconciled on this mission. The climber must not have the conditions mentioned above.

Cancellation Policy (for land package):-

In case of cancellation of tour a written notification or Email should be received at our office by the members who are travelling.

Cancellation charges will be applied as per the cancellation policy below:

- 25% of cost of tour before 40 days or more days of departure:
- 50% of cost of tour before 20 to 39 days of departure:
- 100% of cost of tour before 20 days of departure:

Cancellation of one member may amount to cancellation of whole tour.

In case of delay or cancellation of flights/itinerary due to bad weather or unforeseen circumstances, Globetrot Holidays will not be held responsible for refund or compensation of any kind (including curtailment of trip). Globetrot Holidays will however try to make the best alternate arrangements and facilitate customers with best services possible. Any additional expense incurred due to such cancellations would have to be borne by the guests.