

# Detail Itinerary

Annapurna Circuit Trekking is a wide range of mountain scenery with en-route cross Thorong La pass (5416m). The pass is one of the world's highest trekking passes. This is the most popular trekking route in the Annapurna region. You can experience the distinctive natural settings and gigantic biodiversity of Nepal. It offers a prospect to spot an assortment of vegetation, wild lives, colorful prayer flags, monasteries, Mani walls as well as different groups of ethnic inhabitants. You can add [Tilicho Lake](#), [Ponkar Lake](#) as a side trip if you have more time (three nights). The Lake is situated at 4920m and it is known world's highest lake. It is outstanding views itself from Pass and especially to the western Great Barrier view of [Mustang](#), like Tibet. You can see the world seventh highest mountain Dhaulagiri (8167m). You can see the world tenth highest Mountain Annapurna 1st (8091m) as well.

The Annapurna Circuit Trekking route has been built up the road to Manang but it is no problem yet. So, it is no need to be confused at all to start trekking from Bulbule, Ngadi, and Bahun danda route. There are still surviving old trekking trails. The road just has just cut some little parts and there are alternative trails such as Pisang to Manang via Ngawal. We, Nepal Kailash Trekking is a reliable and service-oriented local trekking agency that suggests that much better to take the higher route from Pisang via Ghyaru (3670) and Ngawal (3660m). This route is superb mountain views and it is about 3 hours longer than lower route Hongde (3420m) Airport of Manang. Also, we suggest you stay a night at Ngawal for both acclimatization and views. At Manang better hike up to [Ice Lake](#) (4620m).

Muktinath, it is the most well-known pilgrimage site for both Hindus and Buddhists after Thorong pass. You can see the flame of natural gas burns behind a grill just above spring. This is in a small monastery and called Jwalamai (Goddess of Fire). It is a short walk inside the compound of Muktinath Shrines. It is your choice that either continues your trek to Tatopani, Ghorepani, and [Annapurna Base Camp](#). It takes the next 2 weeks more from Jomsom or takes a flight to Pokhara. There is another possibility to drive to Pokhara on a daily basis driving buses from Jomsom to Pokhara or continue to Kathmandu.

[itravelnet.com](http://itravelnet.com) - Travel Directory.

## Trip Facts

- Trip Duration: 17 days
- Trek Duration: 11
- Trip Cost: US 920 starts
- Primary Activity: Trekking
- Starts Point: Kathamadnu
- Ends Point: Kathmandu
- Trip Grade: Medium hard
- Max. Height: 5416m
- Trip Mode: Car/Jeep/Bus/Flight
- Accommodation: Lodge
- Season: March - May, Sept - Dec.
- Other Info: 20% Off

# Detail Itinerary

## **Day 01: Arrival at Tribhuvan International Airport (TIA), Kathmandu 1350m, overnight Hotel**

Arrival in Kathmandu. Pick you up from Airport & transfer to Hotel by our company representative and brief about the program, Bed, and Breakfast

## **Day 02: Preparation day Overnight Hotel**

This day in Kathmandu - for preparation and conformity, evening briefing about the tour, overnight Hotel on BB plan

## **Day 03: Drive private car 4-5 hrs/local bus 6-7hrs to Bulbule 840m**

Depart about 6 to 7 am from your hotel. Sometimes, it depends on what kinds of vehicle you are going to drive either private or local for the timing. Approximately, about 13 kilometers to the west from tourist hub reaches to a pass called Nagdhunga. It is the main traders pass for Kathmandu from India. You drive downhill from this pass with scenic mountains view to the north across the beautiful hills as well as villages. Thus, you will see Trishuli river where people do raft (maybe you will see it) and also follow up Marshyangdi river which runs from Manang valley. Most tourists used to stay overnight at Beshishahar but we, Nepal Kailash Trekking Pvt Ltd decide to bring you to Bulbule because Beshishahar is already modernized and crowds noisy. Bulbule is peace and village environmental. Overnight lodge.

## **Day 04: Trek to Ghermu phat 1100m, 4/5 hrs**

After breakfast, your Nepal trekking is starts for four to five hours. You will be following the Marshyangdi River after cross immediately you leave your hotel at Bulbule. There is another option as well if you follow the road then all the way walks on the road which brings you to Syange waterfall within 3 hours. But we recommend you trek to the old trekking trail via Bahun danda which gives you real Nepal trekking experiment. You would have seen already huge Mountains called Himchuli and Ngadi chuli, known as the Manaslu 2nd 7879 also called peak 29. Overnight lodge.

## **Day 05: Trek to Tal 1700m, 5hrs**

This day, at the first couple of hours you have to follow the rocky road mostly till Chamje. Afterward, you will cross the Marshyangdi River by left the road left-hand side. You trek through forest and bamboo by passing some villages. There is beautiful water fall and will be seen adventurous driving on cutting hill above your head to the opposite side. Just climbing a last steep hill about 20 minutes where you will see a map of the route and situated there military camp and welcome gate to Manang district. Staying at Tal gives you peace and refreshment. Overnight lodge.

## **Day 06: Trek to Danaque 2210m, 4 hrs**

Partly walk through the road after cross the suspension bridge after Tal. Walk along the forest of oak, maple, blue pine, and spruce. Leaving by Dharapani give you the superb view of the Himlung Himal from the ACAP check post to the east north and peaks of the Manaslu, to west Lamjung Himal and Annapurna 2nd. Overnight lodge.

## **Day 07: Trek to Chame 2670m, 4 hrs**

As the daily starting your trekking trail leads you steeply uphill to Timang situated at 2630 elevation. Along the uphill surprisingly backward you would have seen one of the highest mountains above 8000m, it's mount Manaslu 8163m beautiful scenery across the forest. Some trekkers stay in this place for overnight. The trail goes often flat after Timang to Chame through one of the traditional

villages like Thannchowk and Koto through pine forest. Chame is the District administrative headquarters of Manang. At the Chame, you can visit hot spring. Overnight lodge.

#### **Day 08: Trek to Pisang 3200m, 5 hrs**

You are heading towards to Pisang this day. It is a beautiful trail with the forest as well as large apple orchard garden at Telku. The day views of the Annapurna 2nd to the south, Himchuli and ngadi Chuli to the down Valley East and most north Pisang peak behind above the big cliff rock. There are a two trails to Pisang from Dhukure Pokhari. One is crossing the Marsyangdi river brings you upper Pisang and straight to Lower Pisang. You may walk for lower Pisang too because from lower Pisang you can walk as a sightseeing to upper Pisang Monastery from where you will see better and brilliant mountains view. The village of Pisang is a traditional atmosphere. Upper Pisang would be colder than lower for sleep. Overnight lodge.

#### **Day 09: Trek to Manang 3540m, 4 hrs**

Today, by leaving Pisang there are two trails one follows to upper route through pine forest via Ghyaru 3670m and Ngawal 3660m which gives you superb mountains view and the valley view of the Manang as well as added good acclimatized for Thorong pass 5416m. Another trail leads you as the simply highway trekking route and also road via Honde airport 3420m. This is why Nepal Kailash Trekking Pvt. Ltd. strongly suggest you trek via Ngawal route. By the way, Ngawal trekking route is steeply uphill till to Ghyaru, afterward an easy. Sometimes the Manag is occupied in peak trekking season, make sure with your guide as well as by local people. Overnight lodge.

#### **Day 10: Acclimatization day,**

At Manang, several options for acclimatization to head towards the Thorong la pass 5416m. There are places to Gangapurna lake (Chongar viewpoint), it is the easiest and near one from the village, Melaripa cave, and ice lake 4620m is a day hike which needs you to carry pack lunch and enough drinking water with you. Praken Gompa 3995m which is popular one above the Manang. We, Nepal Kailash Trekking suggest visiting Ice Lake for perfect acclimatized and brilliant mountains view. Back to the lodge for overnight, Manang.

#### **Day 11: Trek to Letdar 4200m, 3 / 4 hrs**

The vegetation is scrub juniper and alpines. About 30 minutes walk you will reach to Tengi 3690m, it is the last inhabitant in the Manang valley towards Thorong pass but about an hour walk small village called Gunsang 3920 as well. You are already in the zone of high altitude, regarding highland trekking Nepal Kailash Trekking company strongly advice you walk slowly and drink enough water. You will see mountain views surrounding you mostly. There will encounter the place called Yak kharka 4020m where much better lodge than ledar. From Yak, kharka letdar lies about 40 minutes further. After lunch better to hike uphill around acclimatize again. Overnight lodge.

#### **Day 12: Trek to Thorong Phedi 4440m/High camp 4850m 2 / 3 hrs**

It is a short trekking day to Thorong Phedi from letdar. Trek carefully while you trek to Thorong Phedi after crossing the river because sometimes rock falls and after sunny wild goats start to grazing in the morning time which makes rocks fall so far. Also, you have to attention in the morning time around riverside or bridge because of icy or frozen water which can make you slippery. If your physical is fit at this altitude then head towards Thorong high camp which makes you better for next day, and also if you feel something wrong with altitude at Thorong high camp then descend to Phedi. It is always better to hike uphill from your camp. Overnight lodge.

#### **Day 13: Trek to Thorong Pass 5416m, 3 / 4 hrs - Muktinath 3800m, 3 hrs**

Trekking in Nepal, Annapurna circuit is the one of the best destination. The day, today is the hardest and longest trekking day as well as one of the highest altitude pass of Nepal. It will be yours lifetime

experiment memorable day in the life. Early morning starts the trip after breakfast with packed lunch and enough drinking water about 4 am if you stayed the last night at Thorong Phedi or 5 am if your last night sleep at Thorong high camp. Some people start around even 2 or 3 am (night). As a high experienced trekking company from Nepal, Nepal Kailash Trekking suggests you above timing to follow because night time walking can be frostbite. Mostly at the Thorong top, you may drink tea, coffee, and some soup in a single little tea shop, make sure with your guide or ask to local while you reach to Thorong high or Phedi. Oh, it's outstanding superb mountains view and a barren valley of Kali Gandaki to the west below from the Thorong La (pass 5416 meters above sea level). During descend to Muktinath there will be new Mountain Views of The Dhaulagiri 8167m. Overnight Lodge at Muktinath.

#### **Day 14 Trek to Jomsom 2760m, 3 / 4 hrs**

If you would not have visited Muktinath temple in the previous day then walk back to the Muktinath temple zone and trek downhill to Kagbeni via Old traditional village of Jharkot. At Muktinath, motors services are available. The day will be windy along the kali Gandaki River reach to Jomsom. Overnight lodge.

#### **Day 15 Fly to Pokhara 820m**

An early morning takes a flight from Jomsom to Pokhara, it takes about 25 minutes. It gives you lifetime adventurous and scenic flight with the views of Annapurna and Dhaulagiri Himalaya ranges. This day you may have sightseeing in Pokhara or continue to Kathmandu either by flight or drive. Overnight Hotel

#### **Day 16: Drive 6 /7 hrs /fly 30 minutes to Kathmandu**

Normally, people take a tourist bus or private vehicle as a size of the group to come back to Kathmandu along the scenic view and adventurous experience by driving. There is another possible by airlines come back to Kathmandu which is available with mountains view of the Annapurna, Manaslu, Ganesh Himal, Langtang, Rolwaling. Transfer to Hotel Kathmandu.

#### **Day 17: Departure**

Nepal Kailash Trekking Company representative will come to your hotel to pick you up and transferred to your on next board. The program is finished.

## **Cost Includes**

- All ground transports by private vehicle except Kathmandu to Bulbule, Pokhara to Kathmandu
- Kathmandu and Pokhara accommodation in tourist standard Hotel in tourist hub with one breakfast as per itinerary
- All entry fees as per itinerary like Annapurna Conservation Area Protection fee (ACAP), Trekker's Information Management System
- Three times meals including Lunch, Dinner, and breakfast during the trek with tea/coffee with the available lodge in twin sharing bedroom
- An English speaking highly experienced friendly and helpful trekking guide
- One porter for two-member
- Guide salary/food/accommodation/insurance and required transports
- Porter salary/food/accommodation/insurance and required transports
- Rain protection duffel bag for luggage
- Jomsom-Pokhara airfare and airport tax + guide
- Company guarantee the rescue services if needed; please hand over your insurance policy copy to

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- Government taxes and office service charge

## **Cost Excludes**

- International airfare
  - A Nepal visa fee, which obtained at the airport on arrival, a multiple tourist visa for 15 days US \$ 25, for 30 days US \$ 40 and for 90 days US \$ 100 or Equivalent convertible currency {bring 2 copies passport size picture}
  - Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack foods during trekking
  - Meals in Kathmandu and Pokhara
  - Battery charge during trekking
  - Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance
  - Extra porter for the personal day bag pack
  - Extra cost of natural disaster
  - Sleeping bag, can be rented for company @ USD 00.80 cent per piece per day
  - Kathmandu sightseeing {it will be extra because we should arrange according to your staying in Nepal}
  - Any other expenses which are not mentioned in the cost included
- Tips to staffs

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