

Annapurna Circuit Trek (Lodge Trek)

An extraordinary land! A trek takes you from 1,500 feet/400meters to 18,000 feet/5416meters and back. You will meet ten ethnic groups, pass through four climate zones. Vast contrast in landscape and vegetation exotic flora & fauna, mountain scenery from every angle. Little wonders why this continues to be the favored trekking region. Although this is the most popular trek in Nepal, be assured, as with all our trips, we always endeavor to choose secluded campsites away from the normal tourist areas. You will be rewarded with your efforts when completing this trek around the entire Annapurna massif. Walk through the quaint lowland villages, lush subtropical forest up to the remote Manang region resembling the medieval era. Make your way up to the Thorong La pass at 5,416m, and cross down into another valley. The colors, landscape and terrain are comparable to Tibet; you will be walking amongst the highest mountain masses in the world. Trek along the Kali Gandaki, the worlds deepest gorge, all the way down the other side of the valley back into scattered lowland settlements completing the circuit will leave you inspired, with a real sense of achievement. Spend a night and a day in lakeside Pokhara before returning to Kathmandu. This trek starts from the small hill town called Besishahar. Then we will follow the entire gorge track up to the Dharapani. Nothing more we will be able to explore forest, villages and river views on this part of the trek. But from Dharapani we will allow to enter the Himalayan valley. This part of you trek is one of the most beautiful. Both side we will see Snow Mountains. The southern Part will be Annapurna range and the north Manaslu Range in-between the nice Manang valley. Manang is our rest day for trek and we will acclimatize here for one day. This area is covered with Gurung people, the small district of Nepal by population. Next two days of course the challenging days for us to cross the high pass. Thorong La (5416m). After two days hard snow walking we come to the dry and windy place Muktinath Temple (3843m). For couple of days we walk down wards through the Kaligandaki River up to the hot spring at Tatopani, day rest. Again from tomorrow for two days we need to walk up to reach Ghorepani (2834m). From this scenic place we will descend all the way down to Birethanti where our trek ends and continue to Pokhara.

Itinerary:

Day 01: Arrive in Kathmandu

Arrive in Kathmandu, you'll be taken to your hotel. While in Kathmandu you will have time fascinating Buddhist and Hindu temples and shrines reflecting ancient local traditions are highlighted on our guided tour. There's time to explore the city's many charms on your own too. In the evening, a welcome Nepali dinner awaits for you. Stay overnight in Kathmandu.

Day 02: Kathmandu City Tour

After breakfast, you will visit Swayambhunath temple, and said to be 2000 years stupa on a hillock offers breath-taking view of Kathmandu City. We will then proceed to Visit Pasupatinath and Bouddhanath. After lunch we'll visit Kathmandu Durbar Square, Patan (Lalitpur) - which is the oldest of the three major cities in Kathmandu Valley - famous for its Buddhist monuments and Hindu temples, and you can catch the traditional artisans working with wood, stones and metals. Stay overnight in Kathmandu.

Day 03: Kathmandu - Besi Sahar (823m)

After breakfast, we drive to Besi Sahar. Stay overnight at Besi Sahar.

Day 04: Besi Sahar - Bahundanda (1311m)

After breakfast, the route follows the Marsyangdi River upstream, crossing a long suspension bridge and pass a beautiful, thin waterfall with a fine bathing pool. We ascend to the town of Bahundanda, which means 'Brahman Hill'. There are good views to the north and a little-known hot spring here.

Day 05: Bahundanda - Chamje (1390m)

After breakfast, the gorge becomes narrower as we cross a cantilever bridge followed by a suspension bridge. We pass a few small settlements along the route and Chamje, the destination for the day, is one of them. Having traveled upstream, we observe many changes in the people, architecture and vegetation. Houses are now built of rocks, the vegetation is less tropical and the culture more Tibetan-like.

Day 06: Chamje - Bagarchap (2103m)

After breakfast, we leave Chamje, the gorge becomes more impressive. We cross into the district of Manang and see more Bhotia people. These are primarily agro-pastoralists and the real trans-Himalayan traders of the region. The route climbs gradually to the town of Bagarchap meaning (butcher's place). The houses here have flat roofs, indicating that there is less rainfall here than the south. There is a temple here worth visiting, and views of the Annapurnas and the Lamjung Himal.

Day 07: Bagarchap - Chame (2615M)

After breakfast, we leave Bagarchap, the valley becomes narrow and picturesque. The vegetation is temperate, broad-leaved forest. Chame is a government town and district centre for Manang. There are interesting religious buildings and hot springs

Day 08: Chame - Pisang (3133m)

After, we continue in an unrelenting narrow valley of pine, hemlock and cypress forest. The trail through a serene forest leads to Pisang; a side trip to higher Pisang (100m higher) is a must for an amazing view of Annapurna II. This arid region is in the rain shadow of the Himalaya. The men here are traders - and may sell or trade almost anything - and part-time farmers, and the women are full-time farmers.

Day 09: Pisang- Manang (3500m)

After breakfast, there are 2 routes from here: a low road and a high road, the latter taking longer but affording outstanding views of the Annapurna Himal and few trekkers. Both routes converge in the large and interesting village of Braga, which is the seat of the oldest monastery in the area. The gomba is about 900 years old and belongs to the Kargyupa sect of Tibetan Buddhism, and contains some unique works of art. Manang is 30 minutes from here.

Day 10: Manang (3500m)

After breakfast, today is acclimatization day, which is best spent being active and climbing to higher elevations for views but returning to lower altitudes to sleep. Manang itself is in a spectacular location with many attractions. There are lakes, caves, moraine-hills, monasteries or local activities in town.

Day 11: Manang - Latdar (4176m)

After breakfast, we leave Manang, facilities become scarcer. We cross small tributaries and contour along pleasant meadows with occasional birch groves. There is a chance to see herds of blue sheep.

Day 12: Latdar - Thorung Phedi (4404m)

After breakfast, we gain altitude gradually, and spend the night at the Phedi meaning 'foot of a hill'. If you are lucky you may spot a snow leopard near here at dusk!

Day 13: Thorung Phedi - Thorung La (5416m) - Muktinath (3802m)

After breakfast, the trail now leaves the river valley and climbs steadily over lateral moraine. The pass, marked by a large cairn, is the high point of our trek. It is an exhilarating geographical feature, dividing 2 mighty Himalayan valleys. Far below to the west is the Kaligandaki River. We descend in that direction for the village of Muktinath, located in a poplar grove. It is a sacred shrine and pilgrimage site for Hindus and Buddhists.

Day 14: Muktinath - Jomsom (2713m)

After breakfast, we travel overland from Muktinath to Jomsom, we see people from Mustang, a restricted area to the north, who come to sell handicrafts to pilgrims. Among their merchandise is the highly-revered mollusk fossil called Shaligram. We will pass some ancient caves and see the impressive White Mountain that is the Dhaulagiri. We also transit at the significant town of Kagbeni, which is at a junction of 2 rivers and the north-south and east-west trading routes.

Day 15: Jomsom - Kalopani (2530m)

After breakfast, we descend to Marpha, a lovely village of whitewashed houses and fertile fields, and continue down the Kaligandaki reaching the former Thakali trading centre of Tukche. As the trail continues, the Himalayan rain shadow blends into coniferous forest, and we reach the main river valley and Kalopani. From here there are spectacular views of Dhaulagiri and the Annapurnas.

Day 16: Kalopani - Tatopani (1190m)

After breakfast, a beautiful walk, with another transition into sub-tropical vegetation and the return of

water buffalo, banyan trees and poinsettias. The trail follows the river through a narrow gorge (deepest gorge in the world) and descends to cross a bridge near a spectacular waterfall, before winding through the valley to Tatopani. The hot springs that give the village its name provide the perfect opportunity for a good scrub.

Day 17: Tatopani - Ghorepani (2819m)

After breakfast, we will steadily be climbing all day; we eventually leave behind the terraced fields and walk through thick rhododendron forest to the village of Ghorepani, meaning (horse water). we use Top lodge for the best views of the sunset over the spectacular, snow-capped Dhaulagiri and the Annapurna Range.

Day 18 : Rest day: After wakeup call tea we will climb to the poon hill for great panoramic view and back to the same lodge and half day rest over night same lodge.

Day 19: Ghorepani - Tadapani (2540m)

After breakfast, the trail undulates through giant rhododendron forest and orchid colonies, where the Annapurna range and Machapuchare (the Fishtail) dominate the mountain views, although glimpses of Lamjung Himal and the Manaslu range can also be seen further east.

Day 20: Tadapani - Landruk (1670m.) The descending trail continues through to the pretty Gurung town of Ghandrung, which descends to the new suspension bridge over the Modi River. Then start ascending up to Landruk.

Day 21: Landruk - Dhampus (1700m) After breakfast, the trail continues through Pothana, 3 hours beyond Tolka in magnificent Oak Forest, the views continue to outstanding even as we descend, to the village of Dhampus.

Day 22: Dhampus - Pokhara

After breakfast, the trail descends through forests, all the way to the valley floor, from where we make our way to the city of Pokhara.

Day 23: Pokhara

After breakfast, we relax in Pokhara after a hard but satisfying trek. There are numerous activities in this scenic city like a boat ride on the tranquil Phewa Tal Lake, and visits to the Tibetan refugee camps and handicraft centres.

Day 24: Pokhara- Kathmandu

After breakfast, we say goodbye to scenic city of Pokhara and head back to bustling Kathmandu.

Day 25: Depart Kathmandu

After breakfast, you are free before dropping at airport for your final destination.

INCLUDES ARE:

- 1) Arrival pickup from international airport at your arrival time, meet and greet with flower garlands and private transportation transfer to Harati hotel.
- 2) Annapurna conservations fee and permit.
- 3) Hotel 4 nights in Harati in BB Plan.
- 4) Kathmandu to Besisahar private transportations.
- 5) One very experienced, helpful and good english speaking guide + sherpa and nesenary porters.
- 6) Hot water bag for bed.
- 7) Inner lines.
- 8) Your guides, sherpas and porters well paid salary, life insurance, all transportations, accomodation, necessary equipments and foods.
- 9) Foods three times a day (breakfast, lunch and dinner) according to your choice on the available menu in the lodge and also tea, coffee etc.
- 10) All accommodations in nice and clean lodge and hotel during the trek.
- 11) Medicine kit.

- 12) One full day sight seeing tour in Kathmandu valley with all entrance fees, guide and private transportations.
- 13) Two night in pokhara in hotel lake view resort in full board.
- 14) Your hotel to Tourist bus stations private transportations service.
- 15) Kathmandu Tourist bus stations to your hotel private transportations.
- 16) Welcome dinner and farewell dinner in last evening in Kathmandu.
- 17) Your hotel to international Airport transportation at your departure time.
- 18) Pokhara to Kathmandu by tourist bus fare..
- 19) Around pokhara one day sight seeing tour with your trek guide.

EXCLUDES:

- 1) All personal expenses.
- 2) Personal travel insurance.
- 3) Coke, fanta and mineral waters.
- 4) All alcoholic drinks.
- 5) Tips.
- 6) during your stay in kathmandu hotel your lunch and dinner