



## Nepal- The Annapurna Circuit Hike-(2023-2024)

18 Days/ 17 Nights

Group Guided



One of Nepal's classic treks, this route makes a full circuit of the Annapurna range over sixteen days. Trek through rhododendron forests, mountain foothills, across barren, rocky landscapes and snow-covered passes, staying in cosy family-run tea house lodges along the way.

Highlights:

**Thorong La** - Cross this challenging high pass, 5416m, offering stunning views across the Himalaya, **Poon Hill** - Climb to the top of Poon Hill and enjoy sunrise views across to the Annapurnas and Dhaulagiri, **Pokhara** - Take a well-earned rest by the lakeside and enjoy a cake at one of the towns many bakeries

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TICO Ontario Registration No: 50022848

## **Day by Day**

### **DAY 1 - Trip starts in the Nepali capital Kathmandu**

The trip starts today in Kathmandu, the busy, colourful and chaotic capital city of Nepal. Your Leader plans to meet everyone in the hotel reception for a welcome meeting at 5 pm. For those that wish, there is the chance to go out together as a group for dinner afterwards. There are no other activities planned for today. Should you miss the welcome meeting, your leader will leave any essential information and details of the best time to catch up with them, at the hotel reception.

If you would like to receive a complimentary airport transfer today, you'll need to arrive into Kathmandu Tribhuvan International Airport (KTM). You should allow at least 45 minutes to reach our hotel in central Kathmandu as traffic congestion in city can be bad. Depending on the arrival time of your flight, should you wish to explore, our hotel is located a short walk from the lively Thamel area. Home to a multitude of outdoor gear, souvenir shops, great bookshops and a huge variety of restaurants, it's a fun place to wander. ACCOMMODATION: Grade: Comfortable Hotel SINGLE ROOM AVAILABLE MEALS PROVIDED: NONE



### **DAY 2 - Trek briefing followed by a walking tour of Old Kathmandu**

After breakfast we will have a full briefing on the trekking days ahead, followed by a chance to visit a local hire shop to pick up any last minute equipment still needed. Following this, we then have a walking tour of the city, visiting the bazaars and the temples of old Kathmandu in the company of a local Nepalese guide. Nepal's bustling capital is a captivating mix of spice sellers and potters, rickshaws and sacred cows, all crowded together amidst a city of vibrant noise and colour. Our sightseeing takes in the sumptuous majesty of Durbar Square and its collection of ornate palaces, courtyards and temples, as well as the Asan Bazaar and the Kumari Ghar, home to the living goddess of the Kumari Devi. ACCOMMODATION: Grade: Comfortable Hotel SINGLE ROOM AVAILABLE MEALS PROVIDED: BREAKFAST

### **DAY 3 -Drive to Bandipur and explore the town and its bazaar**

Leaving the hustle and bustle of Kathmandu far behind we drive west, towards the beautiful mountain landscapes of Central Nepal, home to the towering peaks of the Annapurnas, Dhaulagiri and the iconic Machhapuchhre (the famous 'Fish Tail' mountain). Stopping for lunch along the way, we should arrive in the hilltop town of Bandipur by mid-afternoon. After a short orientation of the town and the bazaar,

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your time is left free to explore this traditional Nepali town. Bandipur is a small, quiet town that doesn't attract as many tourists as nearby Pokhara. There are several small temples to visit and stunning views of the Himalaya. Comfortable hotel MEALS PROVIDED: BREAKFAST & DINNER

**DAY 4 - Drive from Bandipur to Besisahar then on to Dharapani (1860m) by local jeeps**

Departing from Bandipur, the road descends down to the Prithivi highway, following the course of the Marsyangdi River before winding up through forest past a number of small villages to Besisahar. Swapping our bus for local jeeps, we continue the journey to the starting point of our trek at Dharapani (1860 m). All in all we expect this journey to take around six to seven hours. Simple Teahouse SINGLE ROOM UNAVAILABLE MEALS PROVIDED: BREAKFAST, LUNCH & DINNER



**DAY 5 - Hike from Dharapani to Chame (2670m) with views of Annapurna II and IV**

A rocky trail takes us west, following the Marsyangdi up the Manang Valley, where we enjoy some stunning views out towards Annapurna II (7937m) and Annapurna IV. These remote highlands are home to the Manangi people, itinerant traders who have traded salt and yaks across these mountains for centuries. Following in the footsteps of these mountain merchants of old, we head up through forests of oak and maple to Dhanakyu (2290m) and then on to the village of Latemarang (2360m). Our route then winds its way across several forested ridges to Kotho (2590m), from where we have a short easy walk down to Chame (2670m), the region's administrative headquarters, where the distant views of Lamjung, Annapurna II and Annapurna IV provide a stunning backdrop to our day's end.

Today's 17 kilometre walk is expected to take around seven hours with a total ascent of 1065 metres and a descent of 390 metres. ACCOMMODATION: Grade: Simple Teahouse MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

**DAY 6 - Ascend from Chame to Pisang (3190m) through dense forests**

Departing Chame, we cross over to the northern side of the river and follow a relatively easy trail up through apple orchards to the village of Bhratang (2840m), an old Khampa settlement that is largely abandoned these days. From here we then start along a trail that provides us with some of the most dramatic scenery of the journey so far. Blasted through the surrounding rock, the trail leads through a steep, narrow valley, blanketed in dense forest. As we exit the forest and cross the river over a





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suspension bridge, we are treated to our first view of the spectacular Paungda Danda, a 1500 metre wall of rock that rises up from the river below. After crossing a ridge that lies festooned with prayer flags and stone cairns, we then reach the large village of Pisang (3300 m). The village is split into lower and upper Pisang and from the gumpa at the top of the town there are some lovely views out across the meandering streets and rambling houses of the lower town.

Today's 14 kilometre walk is expected to take around six hours with a total ascent of 640 metres and a descent of 25 metres. ACCOMMODATION: Grade: Simple Teahouse MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

#### **DAY 7 - Trek from Pisang to Manang (3540m) via Ngawal**

Continuing along the south side of the river today we make a long climb up and over a ridge that takes us past 3400 metres. From here we enjoy some truly spectacular views of the surrounding peaks, before we descend into the valley and on to Hongde (3325m), a village that has the distinction of an airstrip, a police post and a truly impressive mani wall. Continuing on to Mungli, we then cross back to the north bank of the river and continue to the Tibetan-style village of Bryaga (3475m), where we find an engaging collection of interestingly stacked houses and the largest gumpa in the district. The houses lie one on top of the other, the terraces of the upper houses forming the roofs of the ones below, whilst the monastery contains a wonderful collection of Tibetan Thankas that date back some 500 years. From here it is just a short walk on to the large community at Manang (3540 m), our final destination for the day, where we find a settlement of some 500 houses, a chorten and a long mani wall etched with the Buddhist chant of 'Om Mani Padme Hum'.



Today's 15 kilometre walk is expected to take around seven hours with a total ascent of 450 metres and a descent of 150 metres.

ACCOMMODATION: Grade: Simple Teahouse MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

#### **DAY 8 - Acclimatisation day in and around Manang**

Today has been left free to get a little more used to the conditions at these higher altitudes before we make the crossing of the Thorong La. You can spend the day exploring the area around the village, taking some shorter hikes into the mountains to enjoy the views of the Chulu ranges and Thorong La in the distance. It is important to get some rest today too though, so remember to conserve some energy for the days still to come.

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An optional four kilometre walk is expected to take around one and a half hours with a total ascent of 200 metres and a descent of 200 metres.

ACCOMMODATION: Grade: Simple Teahouse MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

#### **DAY 9 -Steady ascent from Manang to Yak Kharka (4018m)**

Taking it steady today we trek to Tengri (3620m) and begin a slow climb towards Gunsang (3930m), enjoying the alpine landscapes and abundance of scrub juniper and alpine grasses that grow on these high slopes. The ever expansive views present us with a magnificent panorama that takes in the peaks of Gangapurna (7454m) and Annapurna III (7555m), as we make our way on to our overnight stop in Yak Kharka (4018 m).

Today's 10 kilometre walk is expected to take around four hours with a total ascent of 510 metres and a descent of 15 metres.

ACCOMMODATION: Grade: Simple Teahouse MEALS PROVIDED: BREAKFAST, LUNCH & DINNER



#### **DAY 10 - Hike from Yak Kharka to Thorong Phedi (4450m), last stop before the Thorung La high pass- 7km**

Our first port of call today is the small settlement of Letdar (4250m), which we reach after an hour's steady climb out of Yak Kharka. From here we continue to climb along the eastern bank of the Jarsang Khola, making our way up to Thorong Phedi (4450m). Translating as 'foot of the hill', this is the starting point for tomorrow's long trek up to Thorong La Pass. Today's seven kilometre walk is expected to take around four hours with a total ascent of 470

metres and a descent of 70 metres. ACCOMMODATION: Grade: Simple Teahouse MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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**DAY 11 - Cross the Thorong La (5416m);  
descend to Muktinath (3800m) with great  
Dhaulagiri views- 15 km**

We make an early start this morning and begin the long climb to the Thorong La, an ascent that should take us some 4 hours (depending upon the fitness of the group and weather conditions). The trail up to the pass follows a route that has been used by local herders for centuries, crossing through moraine and snow and snaking its way steeply up over the rocky ridges. As we approach the pass we are greeted by the sight of a traditional chorten



and fluttering prayer flags and as we crest the summit the views before us are simply staggering. A panorama of Himalayan giants lies before us, with the immense Kali Gandaki Valley lying off to the west and the towering peak of Yagawa Kang (6481m) to the north. After stopping to rest and enjoy the stunning vistas, we then begin the long trek down to Muktinath, a 1600 metre descent that affords us some glorious views of Dhaulagiri (8167m) and Tukucho Peak (6920m). The moraine trail eventually gives way to grassy slopes, with the final part of our journey taking us along the upper reaches of the Jhong Valley to Muktinath and Ranipauwa, where we end our crossing of the Thorong La. Today's 15 kilometre walk is expected to take around eight to 10 hours with a total ascent of 976 metres and a descent of 1666 metres. ACCOMMODATION: Grade: Simple Teahouse MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

**DAY 12 - Visit the famous pilgrimage site at Muktinath; drive to Tatopani (1190m) via Kagbeni and Marpha**

This morning we visit Muktinath's famous temples, one an important pilgrimage site for Hindus, the other for Buddhists. After visiting the temples we begin our long descent by local jeeps (around 7 hours drive) to Tatopani (1190 m). This journey used to be part of all Annapurna Circuit treks, but with the well-used road now reaching Jomsom, the attraction of hiking this section has waned. We'll break our journey at Kagbeni, an interesting village that's the gateway to the region of Mustang, and the Thakali village of Marpha, famous for its apples and brandy. The name Tatopani means hot water and this village is lucky enough to have two hot springs. We can take a well-earned dip in the springs before the final stages of our trek. Today's eight kilometre walk is expected to take around four hours with a total descent of 960 metres. ACCOMMODATION: Grade: Simple Teahouse MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### **DAY 13 - Hike from Tatopani to Shikha (1935m)**

Today's trekking is mainly uphill as we reach Durbin Danda then cross the suspension bridge over the Thak Khola then climb steeply up through the forest to the Durbin Danda Pass. The trail then becomes a more gradual climb uphill to the village of Ghara and then on up to Shikha with good views of Kaligandaki Valley and Dhaulagiri Peak (8167m).

Today's nine kilometre walk is expected to take around five hours with a total ascent of 765 metres and a descent of 20 metres. ACCOMMODATION: Grade: Simple Teahouse MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

### **DAY 14 - Trek through rhododendron forest to Ghorepani (2860m)**

Today's trek sets off gradually uphill to Chitre, continuing to the entrance gate of Ghorepani. Along the way you will be captivated by beautiful views of the farm houses scattered across the other side of the valley. From here the trail makes a steep ascent through the rhododendron and magnolia forests to Ghorepani.



Today's eight kilometre walk is expected to take around four hours with a total ascent of 950 metres and a descent of 15 metres. ACCOMMODATION: Grade: Simple Teahouse MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

### **DAY 15 - Ascend Poon Hill for Annapurna views at sunrise; trek to Ramghai/Hile (1430m)- 18 km**

After an early rise this morning we leave our teahouse and make the ascent of Poon Hill in time to catch the sunrise. From the top we should be able to enjoy panoramic views of the whole of the Annapurna Range and, if the weather permits, watch the sun rise over the peaks of Annapurna I, Annapurna South, Machhapuchhare and Dhaulagiri amongst others. The Poon Hill hike is a two-hour return trip and we return to the teahouse in Ghorepani for a well-earned breakfast. Our trek then continues to Banthanti before descending a long stone staircase to Ulleri from where we hike to Ramghai/Hile. Today's 18 kilometre walk is expected to take around seven hours with a total ascent of 370 metres and a descent of 1760 metres. ACCOMMODATION: Grade: Simple Teahouse MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

### **DAY 16 - Final morning trek along Burumdi River to Nayapul; drive to Pokhara for post trek relaxation- 4 km**

We have a short walk this morning to the small village of Nayapul where we say goodbye to our trekking crew and drive to Pokhara. Pokhara is Nepal's second largest town and is far more relaxed than

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Kathmandu. Its beautiful lakeside setting beneath the imposing shadow of the stunning Annapurna Range, make it the perfect ending point for our trek. There should be time to enjoy some of the town's many attractions today, with options to visit the thriving Tibetan village of Tashiling, or perhaps take a boat trip out onto the lake to visit the small temple of Barahi Mandir. Today's four kilometre walk is expected to take around two hours with a total ascent of 90 metres and a descent of 525 metres. ACCOMMODATION: Grade: Comfortable Hotel SINGLE ROOM AVAILABLE MEALS PROVIDED: BREAKFAST & LUNCH

#### **DAY 17 - Drive to Kathmandu**

Leaving Pokhara this morning we drive back to the capital Kathmandu. The drive takes us along the scenic Prithvi Highway and will take approximately six hours. ACCOMMODATION: Grade: Comfortable Hotel SINGLE ROOM AVAILABLE MEALS PROVIDED: BREAKFAST

#### **DAY 18 - Trip ends in Kathmandu**

The trip ends after breakfast at our hotel in Kathmandu.

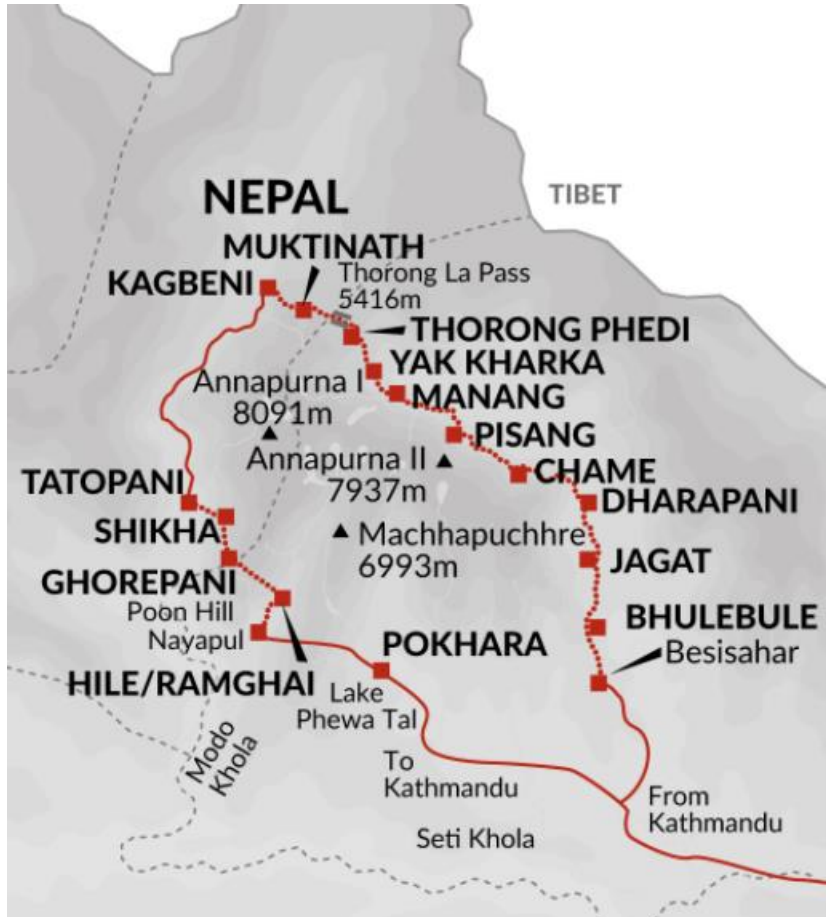
There are no activities planned for today, so you are free to depart at any time. If your flight is departing later in the day, luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you'll need to depart from Kathmandu Tribhuvan International Airport (KTM). MEALS PROVIDED: BREAKFAST





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## Route



**Walking grade** Challenging

**Trek details** This is a 11-day trek with an average of 7 hours walking a day. On day 11 we hike for about 10 hours to reach a maximum altitude of 5416m when we cross the Thorong La. You need to be physically fit to undertake this trek. Although we have planned our route to allow plenty of time to acclimatise, altitude may still have an impact. We have graded this route as Challenging.

**Max walking altitude (m)** 5416

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## **Transport, Accommodation & Meals**

### **Transport Information** Bus

#### **Accommodation notes**

Although accommodation choices in Nepal are expanding and overall standards improving, please note that whatever the level, from basic guesthouse to high end city centre hotel, you should always be prepared for standards to be different than in the West. For example, even in the best hotels, plumbing and electricity supplies can be somewhat erratic and although the welcome is always warm, service levels may be less efficient than you may be used to.

Tea houses in Nepal were originally local homes where the family opened their doors to visitors and served drinks and simple meals and a place to sleep for the night. Over time these developed into a homestay-hotel hybrid and the concept of the 'tea house' was established. At the tea houses on this trek will usually be accommodated in a twin room with a bed, mattress and pillow but you will need to bring your own sleeping bag. Occasionally, when there is a larger group and the trails are very busy, you may need to share a triple or even quad room. Tea houses are sometimes likened to 'indoor camping' - there is no central heating and the usually shared toilet and shower facilities will be basic - there may be a squat style toilet and hot water is not always available.

Meals are taken in the heated communal dining area which also provides a place to relax and socialise after the days walking. Over the course of the trek there will be a range of Nepali, Chinese and some Western dishes provided. Vegetarians are well catered for. A comprehensive range of hot and cold drinks will be available. Staying in tea houses is a great way of meeting the kind-natured men, women and children of Nepal and helps to support the economy in these remote mountain communities.

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## Dates and Prices

Prices per person in Canadian Dollars contact us for pricing for US residents – all prices subject to confirmation on booking

Date	Double Occupancy	Optional single supp
2023		
Oct 8	\$4620	\$210
Oct 29	\$4130	\$220
2024		
Mar 24	\$4220	\$240
Oct 6	\$4220	\$240
Oct 27	\$4220	\$240

## Included

- 5 nights in comfortable hotel
- 12 nights in simple tea houses
- 17 breakfasts, 13 lunches and 14 dinners
- Tour leader
- Bus transportation

## Not Included

- Flights
- Tips for local or group guides

*Assisting people in realizing their touring dreams worldwide is our passion.*

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**THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT**

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