

Overview

The classic **14 days Annapurna Circuit Trekking** also well-known as Round Annapurna Trekking via Thorong La Pass Trek; has long been so popular amongst trekkers. The region is considered to be one of the world's great treks. Annapurna Mountain range of central Nepal with the total length of the route varies between 160-230 km (100-145 mi), depending where the motor transportation is used and where the trek is ended. The trek rises to an altitude of 5,416m on the Thorung La pass, touching the edge of the Tibetan plateau. Annapurna circuit trek route crosses two different river valleys and encircles the Annapurna massif, crossing Thorung La Pass (5416m), the highest pass on this trail. Basically all trekkers hike the route counter clockwise, as then the daily altitude gain is slower and crossing the high Thorong La pass is easier and safer.

The mountain scenery, seen at close quarters includes the Annapurna Massif (Annapurna I-IV), Dhaulagiri, Machhapuchhre, Manaslu, Gangapurna/7455m and Tilicho Peak/7134m. Numerous peaks of 6000-8000m in elevation rise from the Annapurna range. Now from recent years, the trek starts from Dharapani in the Marshyangdi river valley and concludes in the Kali Gandaki river valley. Besisahar can be reached after a seven hour drive from Kathmandu. And jeep ride to Dharapani or Chame is available in dry season and taking jeep from Besi sahar to Chame shortens the trip so this trek can be done within 10 days if you are a good walker in the mountain. The trail passes along paddy fields and into subtropical forests, several waterfalls and gigantic cliffs, and various villages. Annapurna Circuit has often been voted as the best long distance trek in the world, as it combined, in its old full form, a wide variety of climate zones from tropics at 600m asl to the arctic at 5416m asl at the Thorong La pass and cultural variety from Hindu villages at the low foothills to the Tibetan culture of Himalayan Manang Valley and lower Mustang. Continuing construction of a road has greatly shortened the trail and altered the feel of the villages, so the "best trek in the world" cannot be said to hold true anymore but still one can fully enjoy of this trip.

The Annapurna area was opened to foreign trekkers in 1977 after the disputes between CIA backed Khampa guerrillas operating from the area into Tibet, and the local populace and Nepal army were settled. The original trek started from the market town of Dhumre situated at the Kathmandu - Pokhara highway and ended in Pokhara, and took about 23 days to complete. Road construction started in early eighties both from Dhumre to the north and from Pokhara to the west and then up the Kali Gandaki valley. The road has now reached Chamje on the Marsyangdi river valley and all the way to Muktinath on the Kali Gandaki side. This means that out of the original 23 days only 5 walking days of the trek is still without a motor road. It is apparent that there will be a road around the whole Annapurna Massif before 2017. In places new trails and routes have been marked so that the road can be partly avoided. The existence of the road has nevertheless totally changed the area and the appearance and the atmosphere of the villages. Please note that this Annapurna circuit trekking itinerary is only for guidelines so this trip can be personalized as per your requirement.

Outline Itinerary

Day 01 : Drive to Syange from Kathmandu via Besisahar, 8 to 9 hours drive.

Day 02 : Trek to Taal (1700m) 6 to 7 hours walk.

Day 03 : Trek to Bagarchhap (2160m), 5 to 6 hours walk

Day 04 : Trek to Koto / Chame (2670m) 5 to 6 hours walk.

Day 05 : Trek to Upper Pisang (3300m), 6-7 hours walk.

Day 06 : Trek from Pisang to Manang (3540m), 3 to 4 hours walk.

Day 07 : Rest and acclimatization day in Manang

Day 08 : Walk from Manang to Ledar (4200m). 5 to 6 hours walk.

Day 09 : Trek to Phedi or High camp (4600m). 4 to 5 hours.

Day 10 : Trek to Muktinath (3760m) via Thorong La Pass (5416m), 7 to 8 hours walk.

Day 11 : Trek to Marpha (2600m), 6 to 7 hours walk.

Day 12 : Drive to Tatopani (1190m) 3 to 4 hours drive

Day 13 : Trek to Ghorepani (2850). 7 to 8 hours walk.

Day 14 : Excursion Poon Hill and trek to Birethanti - drive to Pokhara.

Cost Includes

- One registered and well experienced local trekking guide for Annapurna Circuit Trek.
- 1 Assistant guide to take care of clients and porters if the group size is more than 6 pax.
- 1 Sharing porter between 2 trekkers (weight limit 25kg)
- 1 Night deluxe room in 2 star category hotel in Pokhara with breakfast on double occupancy basis.
- 3 Times meals daily: lunch, breakfast and dinner during the trek.
- Trekking lodge accommodation in twin sharing basis.
- Tea, coffee, cookies and fresh fruits are served during the trek.
- Kathmandu to Besisahar by local bus and connecting jeep to Jagat from Besi sahar.
- Tourist bus: Pokhara to Kathmandu and taxi transfer to bus station.
- Salary, food, accommodation and insurance of your guide and porters.

- TIMS Card, ACAP entrance permit.
- Government tax, vat and office service charges.

Cost Excludes

- Airport transfers, meals, guided sightseeing in Kathmandu.
- Meals except one breakfast and transportation in Pokhara
- All bar bills, beverages such as coke, fanta, mineral water
- Hot shower, hot water during the trek.
- Personal travel insurance, laundry service, phone calls and internet.
- Rescue operation charge in case of emergency.
- Advance deposit transfer fee to book your trip
- Gratitude and tips for your guide and porter.