

Annapurna Circuit Trek

Duration: 19 days
Difficulty: Medium to hard

PAN No. 601340433
NMA. AM#1171, TAAN
NRB No. 1573/021/072
Govt. Regd No. 115217/070/071

Travel time: Can be freely chosen

Group size: Private Trek

Quick Trip Facts

Altitude: 5416m

Season: Spring/Fall/Winter

Accommodation: Teahouse

The Annapurna Circuit Trek is one of our favourite treks and we'd be delighted to help you explore this impressive region in Nepal.

Overview

The Annapurna Circuit Trek is a true classic. It circles the impressive Annapurna massif and introduces you to a vast range of landscapes and - of course - two stunning peaks above 8000m: Annapurna I and Dhaulagiri. And it includes a stunning highlight: crossing the Thorong La (5416m) - a challenging high pass with unmissable views. But as always with Incredible Himalayan Sherpa Adventures, we make sure you have plenty of time to interact with locals and enjoy their famed hospitality. After all, this makes for the best memories. And keep in mind: our trips are private treks, you decide how fast to go and where to stop. A truly personal experience.

Thanks to the popularity, the trail is very well developed, offers comfortable accommodation and warm hospitality of different ethnic groups. The itinerary is very flexible and can be extended with, for instance, your own climbing adventure. We have guides specialized on this trip with extensive local knowledge and happy to introduce you to the local culture and customs.

The Annapurna conservation area is the largest protected area in the country. The trail leads you through this unique eco system and our guides will highlight many of its stunning features. It includes all the destinations of the Annapurna Base Camp Trek and many remarkable sections of the trail in addition. This is the trip for anyone interested in a true in-depth experience of the Annapurna area.

A little highlight after the tiring trek: the trail reverts down to the valley to the Jhinu hot springs where you can enjoy a hot, relaxing bath to reflect on the journey.

Annapurna Circuit Trek

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Highlights:

- + Impressive views of the entire Annapurna range
- + Cross the Thorong La (5416m) for a true sense of achievement
- + Enjoy the unique eco system of the Annapurna conservation area
- + Relax at comfortable lodges with good, locally sourced food & friendly locals

Suggested Itinerary:

Day 01: Arrive Kathmandu

A representative of IHSA will welcome you at the airport and transfer you to your hotel. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

[Overnight at hotel]

Day 02: Kathmandu Tour

Your tour in Kathmandu of the most beautiful UNESCO World Heritage sites-Swayambhu, Boudha, Pashupatinath. Return to hotel and trek preparation

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 03: Scenic drive and walk

We drive to Besi Sahar and walk to Bhulbulle. We follow the Prithvi Highway that leads to Mugling Bazaar and Dumre Bazaar. A short drive brings us to Besi Sahar. From here we follow the east bank of the Marsyangdi River to our destination. The trip offers us a first experience of a Gurung village and some good views of Himalchuli and Ngadi Chuli.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 04: Ghermu

Our trek begins up the east bank of the river and soon we cross the Sisne Khola. A few more hours over changing terrain brings us to Ghermu. The trip will offer us pleasant views of waterfalls, rice terraces and, of course, some mountains: We'll have our first chance to look at Manaslu.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 05 Journey to Tal

From here a short walk bring us to Syange. We climb up a steep canyon and follow the road until we follow the trail already taken by Tilman in 1950. A short descent past a small waterfall bring us to Jagat (1330m). We cross to the east bank of the Marsyangdi and climb up a rocky trail past fields,

Annapurna Circuit Trek

Duration: 19 days

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as well as bamboo and rhododendron forests. The trail ultimately leads us to Tal (1700m) where we stop for the day.

[Included: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 06: Trek to Chame

We continue along the riverbed to Siraltaland, cross the Marsyangdi and then reach Kodo(1850m). From here the trail passes over varying terrain until we reach Chame(2710m).

[Included: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 07: Journey to the Upper Pisang

We trek past Mani Walls, memorial sites, typical picturesque villages and alpine type forest trails. Our journey offers us great views of Annapurna, Pisang Peak, Himalchuli and Ngadi Chuli. Gradually we reach Dhukur Pokhara. A further short walk brings us to Upper Pisang. It is a fabulous spot to explore typical village life, monasteries and it offers incredible views of the surrounding mountains.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 08: A day of stunning view on the way to Manang

The tour offers us views of the entire Annapurna range. We also have the chance to observe sacred objects of Tibetan Buddhists – chorten, Mani walls and in Braga we will visit the 500 years old fascinating gumpa. Finally, a short walk brings us to the dramatic setting of Manang.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 09: Eventful acclimatisation day in and around Manang

We climb up south of Manang to a point at 4965m of altitude to observe Gongapurna Lake and the glacier or visit Praken Gumpa (3945 m) meditation retreat. The Lama will bless our journey by tying a sacred scarf around our neck. The hike offers fascination views of Annapurna IV, II, Gongapurna and Take Kang. We then return to Manang.

[Included: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 10: Trek To Yak Kharka

We continue along the trail towards Marsyangdi valley and turn northwest up the valley of the Jarsang Khola. After reaching Yak Kharka, we hike the surrounding hills for a chance to see some famous blue sheep.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Annapurna Circuit Trek

Duration: 19 days

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Day 11: To Thorang High Camp

The day begins with an ascent up the valley and back down to cross the Jarsang Khola. From here a steep climb brings us up to the Thorang High Camp at 4,925m. The area becomes wilder and you can feel the adventurous spirit.

[Included: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 12: A challenging day over the Thorang La (5416m) pass

A challenging day at high altitude lies ahead. From the high camp, we follow the ascent route until we reach the prayer flags at the top (5416m). The ascent can feel much more challenging than the vertical distance suggests due to the high altitude and the occasionally unfavourable weather. The hard work is rewarded with a stunning panorama of snow-capped peaks and the Himalayan scenery above the Kali Gandaki valley through to the Annapurna range, Mukut and even the Mustang Himal to the west. A long and somewhat steep descent follows before the slope eases off to a gentle descent above Muktinath (3802m) which is a fascinating village; sacred to both Hindu and Buddhists. There are sacred shrines as well as numerous chorten with fascinating mythical background. Your guide will be happy to explain their cultural importance.

Included meals: Breakfast+Lunch+Dinner

Overnight at teahouse

Day 13: A pleasant day through fertile meadows

From here we follow the road down to the steep, barren hillside that bring us to spectacular view point Jharkot (3500m). From Jharkot the trail leads us down to Khingar (3400m) and, in contrast to yesterday, is a very relaxed path among meadows, streams and apple orchards. We will find hundreds of cairns erected by pilgrims to honour departed ancestors. A short walk brings us to the gateway of upper Mustang: Kagbeni (2840m). To Marpha, in order to avoid the dust and unpleasant road, we take the route via the west bank and continue via Pagling before reaching Marpha.

Included meals: Breakfast+Lunch+Dinner

Overnight at teahouse

Day 14: Drive to Tatopani

We drive to Tatopani via Larjung, Tukuiche and Gyasa. As a reward for the strenuous trekking, we can enjoy the local Natural Hot Springs. The hot spring bath is a natural treatment against joint pain but also enjoyable without any ailments. From Tukuiche you have various options to extend your trek: continue along **Dhaulagiri Circuit Trek** or you can cut the trip short and **fly back to Pokhara** from Jomsom rather than continue to the **Poon Hill Panorama Trek**.

[included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Annapurna Circuit Trek

Duration: 19 days

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Day 15: Trip onward Ghorepani Poon Hill

From Tatopani, we cross the Kali Gandaki and Ghar Kola via the famous suspension bridges. Gradually we ascend to Sikha, a large and prosperous Magar village. From here, a further 3hr ascent through rhododendrons forest brings us to Ghorepani.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 16: Trek back to Hille

We reach one more highlight: The Poon Hill panorama, a great spot to enjoy another Annapurna panorama. From here our trail leads to Tikhedunga and ultimately to Hille. From Hille we can continue to Pokhara by private jeep.

[Included: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 17/18: Pokhara and Kathmandu

The journey ends with a pleasant walk through quiet villages. A short and easy walk brings us to Nayapul and a 45mins drive brings us to Pokhara. The next day we return to Kathmandu.

[Included: Breakfast+Lunch+Dinner]

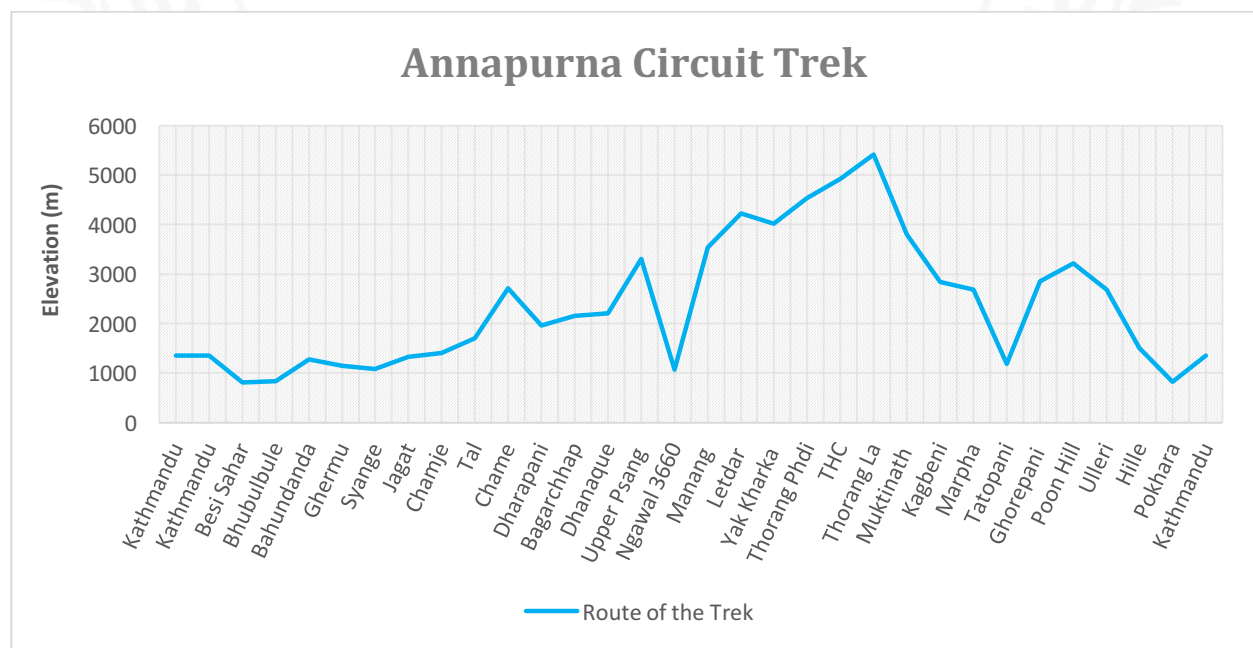
Overnight at teahouse

Day 19: Departure from Kathmandu

A representative of IHSA will drop off you at the airport by private vehicle

[Included: Breakfast]

Altitude Profile



Annapurna Circuit Trek

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We offer two packages: Basic and comfort. The basic package takes care of your trek & unmissable sightseeing while for the comfort package we also organize your stay in Kathmandu included. Both can be flexibly adjusted to your requirements.

Basic Package:

- + 19 days Annapurna Circuit Trek
- + Guide and porter services
- + Food throughout the trip
- + PKR to KTM flight
- + Sightseeing with guide
- + Airport pick up & drop off personally. For details see below.

Price: Euro 1165 per person with group size of 2

Comfort Package:

As Basic and

- + 3* Hotel in Kathmandu & Pokhara

Price: Euro 1250 per person with group size of 2

Group Discount:

There is a further discount for larger groups. Please **contacts us** for details.

Trek Duration:

Standard itinerary – 19 days. Can be shortened or extended depending on time and fitness

Annapurna Circuit Trek

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Includes:

- + All airport transfers. We'll pick you up personally
- + 3N Accommodation in KTM & 1N PKR in a quality 3* hotel with breakfast Pokhara [upgrade possible]
- + Sightseeing in Kathmandu by private vehicle and professional English speaking guide
- + Private trek with an English speaking trekking guide
- + 1 porter (between two clients) to carry your luggage during the trek (max 20 kg; i.e. 10kg pP)
- + Sharing tourist bus from KTM to Besi-Sahar, Marpha to Tatopani & Pokhara to Kathmandu
- + Private vehicle from Nayapul and Pokhara
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trek in carefully selected teahouses
- + Trekking permit and TIMS card
- + PKR to KTM flight
- + First Aid kit
- + Guides' and porters' medical and accidental insurance

Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porter (not mandatory but expected)
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.

Annapurna Circuit Trek

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Additional Options:

+ Hotel upgrade in Ktm: [110 USD for 4* hotel, 170 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ Optional Extended Route [continue to following destinations]

If you prefer to extend the trip and continue to **Annapurna Sanctuary**, or Dhaulagiri Circuit or Khobra Ridge rather than return to Pohara via Ghorepani this can also be arranged.

+ Private Car & Jeep (95 USD for KTM to Besisahar & 195 USD from Marpha to Tatopani]

For a more comfortable ride from KTM to Besisahar & Marpha to Tatopani.

Trip Related Information

Trekking Day; Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides; The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

Accommodation; Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

Annapurna Circuit Trek

Duration: 19 days

Difficulty: Medium to hard

Food; On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

Your luggage; Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

Money and Tipping; It is best to bring a mixture of cash and traveler's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu / Pokhara and USD 30 – 35 per day whilst trekking in the Annapurna region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 8 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance; Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues; Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware

Annapurna Circuit Trek

Duration: 19 days

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that some drugs have side effects at altitude. Please discuss this carefully with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues; AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

Climate and Temperature; At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

Have a good trip...