

- Cross Throng la 5416m with amazing mountain view.
- Muktinath is the famous pilgrimage spot for both the Hindus and Buddhists religion.
- Deepest gorge in the world in Dana.
- Natural hot spring at Tatopani.
- Complete world famous Annapurna circuit.

Annapurna Circuit trekking is open for foreigners since 1977, known as Annapurna round trekking. It is situated in the western part of Nepal. This trek starts less than 1000m and a short time period reaches 5416m one of the world's classic walks. Trekkers follow the Marsyangdi Valley to the north of the main Himalayan range and cross Throng La 5416m pass to descend like a dramatic descent. Muktinath is a famous pilgrimage spot for both the Hindus and Buddhists religious people. Tibetan -style scenery in upper Kali Gandaki Valley. The walk passes the deepest gorge in the world in Dana. Trekkers can enjoy hot spring at Tatopani.

The most difficult part of treks is Throng la pass (5416m) which is the most adventure. Trekkers enjoy the stunning mountains above 8000 m: Dhaulagiri and Manaslu another neighbor mountain like Tilicho peak, Gangapurna peak, Nilgiri, Annapurna South, Tukucho Peak, etc... We carefully designed the itinerary with a few rest days offers a special way to acclimatize safely. The Glacier Adventure Company has learned never to rush a trek to altitude in the Himalayas, taking an extra few days makes all the difference to really be able to enjoy your Annapurna circuit trekking.

HOW DIFFICULT ANNAPURNA CIRCUIT TREKKING (DISTANCE)

The Annapurna Circuit is a trek that locates mountain ranges of the western part of Nepal. The total length of the trek between 160–230 km (100-145 mi), Depending on where transportation is used and the trek is ended. The trek crosses two different river valleys Marshyandi and Kali Gandaki surround the Annapurna Massif.

The trek not difficult most trek over 6 thousand and not require mountaineering skills. It is basically a long walk at a high altitude. One day (Throng la pass) on the trek will involve 16 hours of high altitude starting early in the morning. Other days' trekkers walk (15 to 20km) average.

WHEN IS THE BEST TIME (ANNAPURNA CIRCUIT TREKKING)

If you want to Annapurna circuit trekking in the Annapurna region and thinking when is the best time. We can say September to November and March to May then the critical issue in planning when to trek is the monsoon period which runs from June to August. During the monsoon period, there is still excellent trekking as these

Trip Facts

Price:

USD 1625

Duration:

19 days

Activities:

Hiking & Trekking, Tours & Sightseeing

Accommodation:

Teahouse (Lodge to Lodge)

Meals:

Breakfast in Kathmandu/ Pokhara and all meals during the trek

Max. Altitude:

5416 meters

Group Size:

Minimum 1

Best Season:

February, March, April, May, September, October, November & December.

Daily walking Hour:

5 to 7 hours

Transportation:

Kathmandu to Besishahar in tourist bus, Muktinath to Tatopani sharing transportation, pokhara to kathmandu in tourist Bus

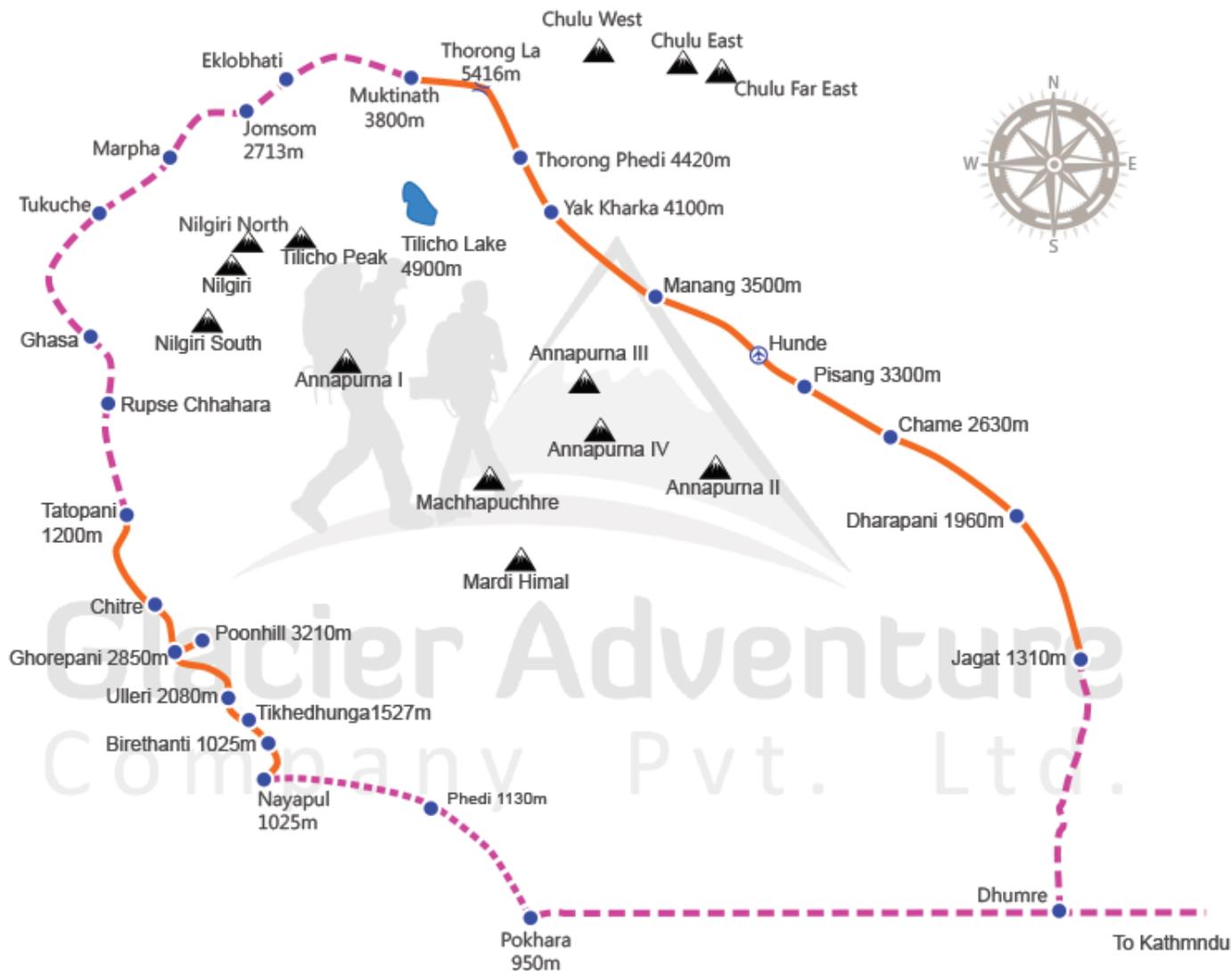
largely lie in a rain shadow. However, you need to be ready for serious rain; generally, this is confined to shorter storms in the afternoon. The period around Christmas and New Year is cold, but with good thermals, this can be a great time to trek the trails are much quieter.

PREPARE FOR 4 SEASONS (ANNAPURNA CIRCUIT TREKKING)

The Annapurna circuit trekking is covering everything from lowland to through la pass (5416m). Early day trekkers walking in shirts and t-shirt and probably be asking yourself why you brought all these warm clothes. You'll realize over 3,000m and wearing all your clothes when start freezing cold. Last days of the treks can walk shirts and t-shirt; trekkers will be ready to face it all. Do not bring unnecessary things, but Bring only what you really need.



Route Map



Day to Day Itinerary

Day 1: Arrival in Kathmandu (1300m)

Accommodation: Tourist Standard Hotel | **Meal:** Welcome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

Day 2: Kathmandu Sightseeing (1300m)

Walking hr: 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. Traveler meets trekking guide and team member, they check your equipment as well as advice what you need for trekking.

Day 3: Kathmandu to Jagat (1310m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early morning after breakfast guide pick up you and go bus park, then drive along Kathmandu to Pokhara highway until Dumre after that follow the Marshyandi river to Besishar continue Jagat through the beautiful Nepalese countryside.

Day 4: Jagat to Dharapani (1960m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the considered to be one of the beautiful walks in this trek, enjoying the beautiful scenarios of the different places; the trail is going up and down but very nice. Trekkers cross Chamche, Tal, Kyoto, and Kharte (Khotro) and finally reach Dharapani.

Day 5: Dharapani to Chame (2630m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the fascinating and delightful trekking part of this trekking. After breakfast start walking. The trail is flat and uphill walks in the dense Pine forest exploring magnificent views of spectacular Manaslu Himal and Annapurna Range. Trekkers cross Bagarchhap, Danakyu, Timang, Thanchok, and Kyoto and finally reach Chame. This is beautiful and business center of Manang district.

Day 6: Chame to Pisang (3300m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is beautiful day walking throw Marshyandi valley. After breakfast start walking. Trekkers pass throw Talekhu, Bhartang and Dhikur Pokhari with pine forest and occasional views of the Lamjung Himal. Another attraction is a vertical wall of Pangri Danda (Rock Hill) and finally reach the beautiful Pusan village.

Day 7: Pisang to Manang (3500m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the most beautiful part of this trek decorated with natural and cultural heritage. After breakfast start

walking. Trekker passes all the way to Narodhara, Humde, Mugje, Bhraka and finally reach Manang village. Today's main mountain views AnnapurnaII, Gangapurna, Tilicho peak and Chulu east peak.

Day 8:Manang – Acclimatization day!

Walking hr: 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a acclimatized day for adjusting the thin air. Manang is a beautiful village and has a health post Shops and Restaurants. After breakfast, go on a short hike to a tea shop near the Gangapurna glacier. Enjoy magnificent mountain views, Gangapurna glacier and lakes and beautiful Manang village. Take your time after that back to the Hotel.

Day 9:Manang to Yak Kharka (4100m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts the walk. The trail ascends to Yak kharka cross through Tanki Manang and Gunsan village. Today will ascend 6 hundred meters. Trekkers enjoy panoramic views of mountains. In the evening time climb up hills take your time and back to the hotel. This is good for less air place to sleep.

Day 10:Yak Kharka to Thorong Phedi (4420m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a short day. Already, high altitude Place so that Trekkers most follow AMS rules. The trail descends to the Marshyandi River, then the trail ascending to Thorong Phedi (4420m) then prepare for the next day.

Day 11:Thorong Phedi to Muktinath (3800m) via Thorong La Pass.

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a long day, the trail ascending (1000m) and descending (1600m) After breakfast start early in the morning reach fast at Thorong La Top (5416m) otherwise sometimes weather condition (strong wind) affect the journey. On the trail and Thorong La top sees the beautiful mountain views. Finally, reach Muktinath. This is a beautiful village. Muktinath temple is famous the famous pilgrimage for Hindu and Buddhist religious groups. Mukti means Nirvana and Nath means temple. There exist one hundred eight taps and you can see the natural lamp in a Buddhist Monastery.

Day 12:Muktinath to Marpha(2650m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning visit the Muktinath Temple, enjoy your time and back to the hotel, then eat breakfast after that start walking. The trail descends to Eklebhatti than follow Kaligandaki River to Jomsom after that continues to Marpha. Enjoy beautiful mountain scenery Dhaulagiri, Tukuhe peak and Nilgiri with beautiful Kali Gandaki valley. Marpha is a beautiful village. This village is famous for Apple garden and apple item foods and drinks.

Day 13:Marpha to Ghasa (2140m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. Marpha to Kalopani trail is like a flat, then the trail descending to the Ghasa through a bank of the Kali Gandaki River. Trekkers cross Tukuhe, Chokhopani village, and Kalopani village.

Today first time sees Annapurna I and enjoy with neighbor mountain views Dhaulagiri, Tukucho Peak and Nilgiri.

Day 14:Ghasa to Tatopani (1200m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. Today, Trekkers cross deepest gorge (Dana) in the world. Dhaulagiri I (8167m) and Annapurna I (8091m) between 2 mountains Kali Gandaki River make the deepest Gorge. The trail descends to Rupse Chahara. There is a beautiful waterfall than continue to Tatopani. Enjoy natural hot spring at Tatopani.

Day 15:Tatopani to Ghorepani (2850m)

Walking hr: 8 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a big day, Trekkers will ascend 1600m. After breakfast starts walking. The trail normal until Ghar Khola Than the trail is surprisingly ascending until Ghorepani, cross Shikha, Palate and Chitre village. Chitre to Ghorepani cross rhododendron forest. Trekker sees beautiful mountain views Dhaulagiri, Nilgiri and Tukucho Peak. Ghorepani is a beautiful Magar village. One of the best mountain views from Ghorepani.

Day 16:Ghorepani to Poonhill to Tikhedhunga (1527m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning, wake up and go to Poon Hill (3210m) to see golden mountain views on sunrise time, like Dhaulagiri (8167m) Nilgiri (6940m), Annapurna South (7219m), Fishtail (6991m), Lamjung Himal (6931m) and another neighbor mountain. The Poon Hill is the greatest sunrise viewpoints in Nepal. Travelers descend to Ghorepani after breakfast continues to walk Tikhedhunga (1527m) with amazing mountain views. The trail descends to Tikhedhunga through Green forest and beautiful village Nagethanti, Banthanti, Ulleri finally reach in Tikhedhung.

Day 17:Tikhedhunga to Nayapul to Pokhara (950)

Walking hr: 7 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast & Lunch

Today is the last day of trekking after breakfast starts walking from Tikhedhunga. Trekkers, a few hours walk and reach Nayapul then catch a vehicle to reach Pokhara. Evening time explores the Pokhara city.

Day 18:Pokhara to Kathmandu (1300m)

Walking hr: 7 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast & Farewell dinner

Early in the morning drive tourist bus Pokhara to Katmandu through the beautiful Nepalese countryside to reach the Kathmandu then transfer to the hotel rest of the time explore the around Thamel.

Day 19:Departure day!

Meal: Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in

your interest to accommodate your specific requirements. We also arrange Annapurna circuit trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can change Itinerary. However, Unlikely that Itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they change the best one of the whole group. Where a change does occur, we do everything best. We minimize its special effects but we cannot be responsible for the results of delays.

Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in two/three star hotel in Kathmandu breakfast included (3 nights)
- Standard twin sharing accommodation in Pokhara breakfast included (1 nights)
- Welcome and fair well dinner.
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour guide and entrance fees
- Government licensed experience English speaking Guide. Two people 1 porter 4 people 1 Sherpa.
- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Annapurna conservation Park permits/TIMS.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu.
- All our government taxes.
- Official expense.

Trip Cost Excludes

Glacier Adventure Company Pvt. Ltd

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- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, Mineral or boiled water, shower)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which are not mentioned on Price Includes.
- Excess baggage charges
- Lunch and evening meals in Kathmandu and Pokhara and also in the case of Early return from the mountain than the scheduled itinerary
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, and Early return from the mountain (due to any reason) than the scheduled.

IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above itinerary. Annapurna circuit trekking is located in a remote area in the Annapurna region. Glacier Adventure can't guarantee it such as weather conditions, availability of porter and the health team members can all contribute to change. Guide and Sherpa will try to ensure that the trip runs according to plan, but please be prepared to be flexible if necessary.

Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd the day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Annapurna Circuit Trekking. The pre-trip meeting covers personal equipment, acclimatization, and to introduce you to another team member. Glacier Adventure hopes pre-trip meetings have excellent, informative, supportive, and fun.

Acclimatization

Glacier Adventure's Annapurna circuit Trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast to cause a medical condition serious enough to kill. The higher mountain area is less oxygen in the air. If, trekkers are wanted safe Annapurna Circuit Trekking. Their body needs some days to rest in the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

Physical Condition & Experience Requirements

Normally, Annapurna circuit Trekking is a remote mountain in the Annapurna region. This is suitable for physically fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hours walk, but some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which has long walked in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a

generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting. Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. Has an accident? Trekkers should be careful in choosing a policy; however, some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in your Annapurna Circuit Trekking. They are innocent, helpful, experienced, and Careful. Your trip leads from the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure's leader trained in the following things

English Language.
Trekking guide training.
First aid course.
Conservation & Biodiversity

Porter care

Trekking is an adventure. Porter's job is a hard-working job. They carry trekker supplies and baggage that makes a journey easy and comfortable in the remote mountains in the Annapurna region. We ensure all our porters are well trained and well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porter in dangerous situations. The porter's sake, we require all trekkers keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

Accommodations

All accommodations for Annapurna circuit Trekking are twin sharing basic included in the trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard tourist hotel in Kathmandu, Pokhara and during the treks, Trekkers spends standard Guesthouse which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.