

ANNAPURNA CIRCUIT TREK

Trip's Summary

Trek through the incredible Annapurna region and be awed by the Nepalese Himalayas. These snow-capped peaks, mist-shrouded valleys, isolated communities and remote monasteries will inspire those with a bold spirit and a yearning for a definitive nature experience. Reach altitudes of more than 5000 metres, discover the ancestral traditions of the local people and immerse yourself completely in the spectacular mountain wilderness of the Annapurna Circuit. This is a challenging trip, but the sense of accomplishment will leave even the most seasoned trekker with some unforgettable memories.

Why you'll love this trip?

- Visit Manang village along with enjoying stunning views of Gangapurna Glacier
- Cross the challenging Thorong La Pass (5,416 m)
- Get blessed at Muktinath Temple, one of the holiest temples of Hindus
- Trek through Kali Gandaki Valley and Kali Gandaki Gorge, the deepest gorge in the world
- Taste delicious apples at Marpha, the capital of apples
- Soak your body in the natural hot spring at Tatopani
- Experience the rich culture of different ethnic groups
- Trek through beautiful Rhododendron, birch, juniper & oak forests
- Witness the stunning sunrise view from Poon Hill
- Explore the city of Lakes, Pokhara

DAY 1 : KATHMANDU

Namaste! Welcome to Nepal. Your adventure begins with a welcome meeting at 3 pm in Kathmandu, the colourful capital of Nepal. This place is a fascinating blend of traditional architecture and symbols of the 20th century. Its rich artistic and cultural heritage is evident where ornately carved balconies mingle with beautiful shrines and temples. If you arrive early, why not check out Durbar Square with its temples, markets and busy atmosphere. It is also worth the climb to visit the Swayambhunath – the 'monkey temple'. Explore the network of street markets and alley bazaars and Pashupatinath. For those with a few extra days in Kathmandu, the neighbouring towns of Patan and Bhaktapur are also well worth a visit.

Accommodation

- Hotel (1 night)

Meals

There are no meals included on this day.

Special information

It's very important that you attend the welcome meeting. Ask reception for more information on where the meeting will take place.

With climate change the weather on the Annapurna Circuit is becoming less predictable, and heavy rains on occasions causes significant damage to the trail even outside of rainy season. Should this occur, and conditions make trekking the circuit unsafe, we will switch to the Annapurna Base Camp itinerary instead. A flight from Pokhara back to Kathmandu on Day 15 will also be included. See for further details: www.marigoldadventuretreks.com

DAY 2 : NGADI (930m / 3050ft)

This morning, drive to Besisahar to immediately immerse yourself in the spectacular mountain wilderness that encompasses the Annapurna Range. After lunch you'll begin your trek straight away, heading to Ngadi. Hit the trail that takes you through Besisahar bazaar leading downstream, followed by a climb up the rocky steps. There are several ups and downs as the trail makes its way through sub-tropical forests and rice paddies of Sera. Further along, traverse a suspension bridge across Khudi Khola and arrive at Bhulbule. Resume on the trail that passes the Marshyangdi River on a long suspension bridge as Bhulbule is left behind. Once the Ngadi River is crossed, the trail gently leads upwards through scrub forests and across landslides for a short distance, which then leads to few teashops and cold-drink stalls located opposite the rice paddies of Lampata, eventually leading to Bahundanda (hill of the Brahmins) – a charming village in the saddle of a long ridge.

At 8091 m, Annapurna I is one of the highest mountains in the world. Its surrounding sister mountains are equally imposing, creating magnificent panoramas from any viewpoint. Throughout this trip's trekking you'll come across isolated mountain communities, each with different ancestral customs and traditions, meaning a visually and culturally memorable expedition. You'll meet warm and welcoming locals herding yaks and goats on the grassy pastures and visit their monasteries and temples, pass waterfalls of melted snow, cross icy rivers, walk along broad plains and hike up high mountain passes.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

Trek Distance: 12 km

Approximate Duration: 4 hours

Ascent: 510 m

Descent: 410 m

DAY 3 : CHAMCHE(1430m / 4692ft)

Keep an eye out for dazzling cascades along your trail today as it makes its way through a deep wooded canyon with a few stretches of steep climbing. Wander through rice paddies, follow winding trails

through sub-tropical forest, cross suspension bridges swaying over raging rivers, pass waterfalls of melted snow and climb steep mountain passes. Over the next ten days you'll come across isolated mountain communities, each with different ancestral customs and traditions. Be prepared to be inspired, mesmerised, challenged and delighted.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

Trek Distance: 18 km

Approximate Duration: 7 hours

Ascent: 1200 m

Descent: 800 m

DAY 4 : DHARAPANI (1860m / 6102ft)

Today's trek continues through the deep wooded canyon embellished by stunning waterfalls. You'll be venturing into the Manang district of the mountain range, with much of the trail ascending throughout the day.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

Trek Distance: 12 km

Approximate Duration: 6.5 hours

Ascent: 880 m

Descent: 150 m

DAY 5 : CHAME (2670 m / 8760ft)

Marking the end of the great Marsyangdi Gorge, make a steep climb to Timang, then the trail settles into gentler slopes as the vegetation transforms from dense pine forests to drier slopes. The district headquarters of Manang, Chame, is the largest settlement after Besisahar.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

Trek Distance: 17 km

Approximate Duration: 6 hours

Ascent: 730 m

Descent: 300 m

DAY 6 : UPPER PISANG (3200m / 10499ft)

A slew of breathtaking scenery is on the cards today as the trail goes through a deep gorge, then past the great sweeping slope of Paungi Danda. On the way to Chame stop at a beautiful apple orchid for a tea/coffee break and perhaps try one of the fresh bakery treats on offer. Today is mostly an easy walk with few ascending stretches of trail dotted throughout the day.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

Trek Distance: 15 km

Approximate Duration: 6-7 hours

Ascent: 720 m

Descent: 300 m

DAY 7 : MANANG (3540m / 11614ft)

Trek the northern trail via Ghyaru and nawal – an area renowned for its spectacular views. It is now drier and you are sure to come across local farmers herding yaks. Here's a hot tip – Tibetan yaks take a special interest in people wearing red, so choose your gear carefully today!

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

Trek Distance: 19 km

Approximate Duration: 8 hours

Ascent: 960 m

Descent: 630 m

DAY 8 : MANANG (3540m / 11614ft)

Spend a day here to acclimatise by doing some high climbing, then return to the lower altitude of Manang for the night. Manang, a village of about 500 flat-roofed houses, offers excellent views of Annapurna II, Annapurna III, Gangapurna and Chulu East.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

Trek Distance: 4 km

Approximate Duration: 3 hours

Ascent: 350 m

Descent: 350 m

DAY 9 : YAK KHARKA (4050m / 13287ft)

Today will be a steadily uphill climb into the alpine region of the mountain range. You'll arrive at Yak Kharka, ready for an easier day of trekking tomorrow to acclimatise to the high altitude.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

Trek Distance: 10 km

Approximate Duration: 5 hours

Ascent: 640 m

Descent: 100 m

DAY 10 : PHEDI (4525m / 14846ft)

Due to the altitude, feel free to take the next section of the climb at a leisurely pace, meaning you'll have time to admire the magnificent views from this part of the route. Once at Phedi, there will be plenty of time to rest and acclimatise to the higher elevations ready for the next part of the climb where you will encounter the Thorung La Pass – the highest point on this Annapurna Explorer.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

Trek Distance: 7 km

Approximate Duration: 5 hours

Ascent: 630 m

Descent: 150 m

DAY 11 : THORANG-LA PASS – MUKTINATH (3800m / 12467ft)

Setting off very early to cross the Thorung La Pass (5416 m), the trail is steep but easy to follow. After between 4 to 6 hours climbing, reach the Pass's peak, adorned with prayer flags, a traditional stupa (chorten) and stone cairns built by travellers. Stop to admire the stunning views and marvel at how far you've climbed. Further along, the trail descends steeply proceeding towards Chabarbu. From here on, the trail crosses meadows, drops into a deep ravine, climbs out and follows a wide trail into Muktinath – a pilgrimage site held in great reverence by both Hindu and Buddhist populations.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

Trek Distance: 14.5 km

Approximate Duration: 8-9 hours

Ascent: 915 m

Descent: 1780 m

DAY 12 : ZONG VILLAGE - KAGBENI – JOMSOM (2800m / 9186ft)

Veer off the main trekking trail to make a side trip to an ancient village of Purang. Further up from the village, continue to take the less frequented route going past another village with a medieval feel to it – Jhong. From Jhong, descend to the Jhing Kholo (river), following the course which you emerge on to Kagbeni. From Kagbeni we will hop on a public bus back to Jomsom.

Accommodation

- Guesthouse (1 night)

Meals

There are no meals included on this day.

Special information

Trek Distance: 11 km

Approximate Duration: 4-5 hours

Ascent: 110 m

Descent: 950 m

DAY 13 : POKHARA

Depart early on a 4WD from Jomsom, stopping in Tatopani for an included lunch, opt for a well-earned visit to the Tatopani Hot Springs (especially rewarding after multiple days trekking). After, continue your journey to Pokhara. Pokhara is a peaceful lakeside location which rests beneath the snow-capped peaks of the Annapurna Range. A once vibrant trade route extending between India and Tibet, this is the land of Magars and Gurungs, hardworking farmers and valorous warriors who have earned worldwide fame as Gurkha soldiers. The Thakalis, another important ethnic group here, are known for their entrepreneurship. When you arrive, maybe sip on a cold brew and gaze up at the dramatic pass that you have just conquered. There are plenty of lakeside cafes where you can enjoy international cuisine, while the main street is full of shops and stalls selling a wide range of Nepali and Tibetan souvenirs.

Accommodation

- Hotel (1 night)

Meals

- There are no meals included on this day.

Special information

Your travel time today will be approximately 8 hours.

DAY 14 : DEPARTURE

The trip ends today, and you are free to depart at any time after check out. If you plan on spending more time in Pokhara, let your booking agent know and they can organise more accommodation for you (subject to availability).

Meals

There are no meals included on this day.

Trip Details

Price

\$960usd (twin share)

Trip length

- 14days 13nights
- Trip starts from Kathmandu and finishes in Pokhara, Nepal.

Meeting point

Kathmandu, Nepal

Departure point

Pokhara, Nepal

Group size

Maximum 12

Included

- 13 nights Accommodation in hotels, guesthouses and trekking lodges/teahouses
- Wilderness first aid qualified guide
- Driver, guide, Porter & luggage transport
- Acap & tims permits.
- Transportations.

Not included

- International flights
- Travel insurance (compulsory)
- Any visas required
- Late check-out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included Breakfast, lunches and dinners
- Tips to guide and porters.
- Personal expenditure
- Hiking equipment
- Pre or post-trip accommodation