Asian Expedition Pvt. Ltd
Thamel, Kathmandu Nepal
Web:www.adventuremountains.com, Email:adventuremountains@gmail.com
Phone: +0977-1-4258373, +0977-9841379821

# Round Annapurna Trekking



The Round Annapurna Trek is so worthy as it opens for trekkers in 1950. Recognized by the world's highest trekking pass the Thorung La 5416m, the magnificent views of Annapurnas and Dhaulagiri mountain ranges. Though today is also known by motorable road heading up to Manang and Muktinath Temple, Local people and trekking guides and agencies are aware of its less attraction so they have newly developed only trekking trail around Annapurna. We guide only on the trekking trail instead of the motor road.

## Trip Itinerary:

## Round Annapurna Trekking :

Starting Point : Kathmandu to Ngadi
Ending Point: Pokhara- Kathmandu
Maximum Height: : 5416m
Lowest altitude: 830m

Day 01: Arrrival in Kathmandu Airport, Nepal capital and then transfer to Hotel.

Day 02: Sightseeing around Kathmandu Valley.

Your sightseeing trip will start in the morning after breakfast. We will provide a private vehicle and professional tour guide. Places we visit Pasupatinath temple, Buddhanath, Monkey temple and Kathmandu durbar square. The afternoon includes a final briefing and preparations for the trek. Overnight at hotel. [Breakfast]

Day 03:- Drive to Ngadi- by bus 8 hrs

After Break fast at the hotel  in the morning drive to Ngadi which is some 180 Km.and will take some 7/8 hrs. Along the Trishuli and Marshyangdi River popular rafting rivers of Nepal . Passing through the first Gurung village of this trek in the Khudi at 830meter. If the weather fine then you can see the Himalchulli Manaslu II and peak 29. And overnight at the lodge in Ngadi (840m) in the bank of Marshyangdi River. A long suspension bridge crosses the Marshyangdi River and passing through a majestic water fall 60m high that is surrounded by a tropical tree and the path wonder through the small villagers scattered among extensive rice terraces and you will meet as nice picturesque rice field at Ngadi. Overnight at Ngadi. [Breakfast, Lunch, Dinner]

Day 04:- Ngadi to Gharmuphant (1140m) 6hrs.

Continuing towards Marshyangdi river a long suspension bridge that crosses the Ngadi Khola and gently upwards through the scrub forests up to the BahunDanda (1310m.) which means “the Hill of the Brahmins ” the major cast of the Nepal's' midhill. May you are already getting hunger and better make your lunch there. Descend on a steep, slippery trail Then rice field where the water available can be seen. July- October-November is the month they grow rice and millet. March to May you will see & hear the Bird's sounds and newly green leafs of trees. In about 2 ½ hours you get a small Gurung settlement, the flat GhermuPhant opposite of a huge Waterfall where we overnight.[Breakfast, Lunch, Dinner]

Day 05:- Trek GharmuPhant to the Tal (1700 m.) 6/7 hours.

Cross a suspension bridge and passing a small local Bhatties and lodges through the rocky cliff at Syange. Now slightly and gradually the trail is hiking up. Enjoy on Walking with the butterflies & birds through the forest till a small Tibetan village Jagat and then the trail descends & crosses a landslide way. It's then a long climb through the forest & a waterfall to Chamje (1410m). Again, Crossing the bridge & climb through the thick Bamboo and Rhododendrons forest to an exposed trail that traverses high above the steep river bank. The trail makes a short descend to Tal bensi at 1590m then makes a steep climb beside

the Marsangdi, which has became an underground waterfall beneath huge boulders. Suddenly opens into a large plateau, the Tal (The valley that was once a lake) now you have entered the Manang District and the Buddhist influences apparent from the small white Chorten on a nearby hill. Actually for those few days the chance to see the White Mountains is less but the hilly mountains also attracts you.Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 06:- Tal to trek Timang (2510m) - 6 hrs.

We will pass number of nice settlements and villages along the route. Beyond Dharapani (1960m) , the trail passes a school and climbs a spur. Nowadays there is building the new roads toward the Chame, the district headquarter which road we follow somewhere. Bagarchhap, at 2160m , is the small village on the trek with typical Tibetan architecture: closely spaced stone houses, with flat roofs piled high with firewood. Walk to Bagarchhap through a forest of blue pine,spruce, hemlock, maple and oak. In 1995, there was a landslide washed & destroyed the village and killed people. Then the trail goes upwards to Danaque at 2210m . You will walk through a new mani wall & huge prayer wheel and a farm of Apple and peaches garden. Then cross a short bride and walk up steep rocky trail through the old thick forest of Rhododendron , Oak, pine forest & colourful flowers. Be aware! Himalayan langur monkey can come close to you. The big sizes of old trees can really attract you till Timang at 2510m and overnight there. The waterfall in Nepal is always great to see. Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 07:- Trek Timang to Pisang valley (3200m) 6/7hrs.

In the morning you can see the spectacular views of Mt. Manaslu Himal just in front of you. Walk on the flat road through the forest and your trail heads to a long wall with many prayers wheels Chame at 2710m . Be sure to walk to the left and spin the wheels clockwise. Chame is the capital of the Manang district situated in the bank of the river Marshyangdi with the view of the Manaslu and Annapurna II . Before to reach Chame, pass the Thanchok village with barley field and police check post at Koto. Phone service is available here. Between Chame to Pisang the rainshawdow effect can be seen as the forest become sparser & the density of juniper increases. Cross the bridge at 3040m is the Paungda Danda rock face that arches upwards for more than 1,500m. The trail climbs further to Dhukuri Pokhari with few wooden lodges and Bakery shops then you walk on the flat land into the upper Marshandi Valley & to Pisang, a large sprawling village and Pisang peak. More religious people and has own culture of Tibetan- Manangi. Wheat, Buckwheat, potatoes & beans are produce and Horse is the mail transport of this region. Sheep, goat, cow and yaks are the cattales.Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 08:-Trek to Braga-Manang (3500m.) 4/5 hrs.

This is really wonderful trail with the pastures by the Yaks, Horses and cattle .The trail offers some magnificent sights of the top of Annapurna's After short walk from Pisang village the trail divides and one climbs to the Ngwal from where the view of the Annapurna's is wonderful. We suggest you that Braga village is much quieter then Manang Valley.Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 09:- Rest in Braga-Manang for acclimatization .

The Himalayan Rescue Association and they brief about the High altitude, sickness and the way to be safe from the problems. The Gangapurna Lake is nice to view and one can walk around the town to explore. Explore the famous Milarepa cave in the west and Lama Cave in the north. Visit Gompa in about 500yrs old for spiritual relief in Braga . The Annapurna II, III & IV, Gangapurana himal, Tilicho peak are seen the massive view. You can see the Manangi culture, the old houses and horse racing. Email/internet, phone call & small video movie can use in Manang Valley. Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 10:-Trek Manang to Yak Kharka(4200m. ) 5hrs.

From Manang the landscape is more like Tibetan platue. It seems more gradual rather than up but hard to breathe and take longer time to cover the short distance.Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 11:-Trek to Thorong High Camp ( 4600m) 5/6 hrs .

This can be hard night with the lack of enough Oxygen. Ready to wake up in early morning for the next most excited day at all.Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 12:- Thorung La pass- Muktinath(3800m) 8/9 hours

Start the trek early in the morning. This is the most awaited day for your Nepal trip. The top of the Thorong La (pass) 5416 m . is the highest point for the whole period. You can see the great views of Dhaulagiri (8186m), north faces of the Annapurnas, the Kali Gandaki Valley and Throunghtse (6482m).Muktinath is the name of the Hindu God with the meaning of the “God of Salvation”. The Sep- Oct fest is the most interesting and crowded. Apart from this, this is the greatest example of the co-relation and harmony

between Hinduism and Buddhism .(3/4 hrs to reach on the Top and walk down 4/5 hrs to Muktinath).Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 13:-Trek to Kagbeni (2800m) 4hrs .

Now we leave the motor road and trek through Chhongur, Jhong & Putak the Tibetan styled beautiful villages with its art, culture, religion and do not forget to visit the gompas. This trail is so splendid view of Dhaulagiri and Nilgiri mountains. The This way is lower part of Mustang we meet the entry point of Kagbeni which is gateway to forbidden Mustang Kingdom.Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 14:- Kagbeni to Marpha (2670m) 6hr .

Walk almost on sandystone about 2 hrs to reach Jomsom valley which is district headquarter and also the windy place. Soon leave the Jomsom motor road then we walk left bank of Kaligandaki or the wooden bridge, the trail leading toward Thini - Dhumba Lake - Dhumba village – descends at Chhairo the Tibetan settlement- turn to Marpha – cross the suspension bridge over Kaligandaki – enter to the beginning of Marpha. Where is the most famous Apple pie you get in around the Annapurna trek.Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 15:-Trek to Tatopani (1190m).

Drive along Kaligandki River to Tatopani. it takes 4/hrs. Enjoy the Natural Hot Spring swimming pool.Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 16:-Trek to Shikha(1935m).

Hike through the typical villages, farmer fields, Rhododendron flower and trees with beautiful mt. Dhaulagiri ,Nilgiri and Annapurna mountains.Wlak approxmately 6 hrs. Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 17:-Trek to Ghorepani (2750m)

Today we hike with pleasant views of Dhaulagiri, Annapurna, Barah shikhar, Annapurna south, Nilgiri, Tukuche Peak and more mountains, through the deep forests of Nepali national flower rhododendron trees and typical village of Gurung. Ghorepani is top view point and you can surely enjoy the amazing views.Overnight at Lodge. [Breakfast, Lunch,

Dinner]

Day 18:-Trek  to Poonhill-view point(3210m)  and walk down to Hile (1495m).

Early morning to catch the magnificent splendor of sunrise over the Himalayas, we  climb along the steep trail to the viewpoint of Poon Hill (3200mtrs). Poon Hill (3,210m/10,529ft) is a great viewpoint from where we will be able to enjoy wonderful panoramic views of the Mustang part and Pokhara valleys including the closest views of more than 20 highest mountains including the close-up views of the Annapurna and Dhaulagiri ranges. The snowy peaks of the high mountains loom above and around us glowing in the morning light. After taking photos and having some coffee, tea or hot chocolate, we return back to Ghorepani. After breakfast we descend through the dense forest to Tirkhedungh and Hille. Overnight at Lodge. [Breakfast, Lunch, Dinner]

Day 19: Trek to Pokhara (830m).

Walk few hour to Nayapul/new bridge via Birethanti village, take Taxi to Pokhara. Enjoy the boating at Phewalake. Pokhara is a beautiful city with close mountains.Overnight at Hotel. [Breakfast, Lunch]

Day 20: Drive to Kathmandu by Tourist bus. It takes 6/7 hours to reach in Kathmandu. Evening Farewell dinner.Overnight at Hotel. [Breakfast, Lunch]

Day 21: Transfer to Airport and Fly back to your home country with unbelievable impressions.

Please Click and view *the Annapurna Circuit trekking Pictures.* Thank you.

## Cost Details:

Price starting from :

Euro 1750 Per person- Price based on minimum 2 people.

Euro 1650 per person above 3 person or group trekkers.

## Cost Includes:

.4 night’s standard room at Kathmandu hotel with bed & breakfast

.1 night hotel in Pokhara.

. Guided sightseeing in Kathmandu valley

. Trekking Permit TIMS

. Annapurna Conservation permits Fee

. Meal: All meal Breakfast, Lunch, dinner during the trek .

. Local Bus to Besishahar, Marpha to Tatopani and Tourist cozy Bus Pokhara to Kathmandu

. One experience trekking guide 1 porter for 2 trekker (each member 13 KG)

.Guide and Porters fully insurances. and Their salaries.

. Life, Medical Insurance for Guide & Porter

. All accommodation during the trek best available hotel/guesthouses

. Our service charge.

## Cost Excludes:

. Personal equipment for trekking

. Personal Insurance for travel to Nepal

. Lunch & dinner in Kathmandu

. Emergency Rescue evacuation during the trek in case needed

. Personal expenses

. Tipping (Tips) for guide & porter

. Bar bills, Beverage and mineral water during the trek.

. The cost not mentioned in cost includes list

.....




# Asian Expedition Pvt. Ltd.

G. Post box No: 20377
Thamel Kathmandu Nepal
Phone:+0977-1-4258373, +0977-9841379821
Emai:adventuremountains@gmail.com, info@adventuremountains.com
web:www.adventuremountains.com