



Annapurna Foothills

Treks & Expedition Pvt.Ltd.

Government Registration No: 52988/064/965| Tourism License No. 956/065

Annapurna Circuit Trekking 14 days

Trip Facts

Trip Cost	USD 990 P/P
Group Size above	2 Pax
Single Supplement	\$210
Max Elevation	5416m
Trekking Grade	Challenging
Trip duration	14 Days
Trekking Type	13 Night Lodge
Starting Pont	Kathmandu
Ending Point	Kathmandu

Annapurna II range covered with snow in the back



Highlights:

- Greatest range of altitude and scenery of any trek of its category
- Thorong La Pass - at 5416m, a strenuous climb with stunning views of the Himalayas
- Muktinath – a famous pilgrimage site
- Poon Hill – catch the suns first rays touching the Annapurna and Dhaulagiri
- Pokhara – enjoy the luxury of a massage, pristine bookstores, real coffee and great restaurants on Lakeside

Hurray! We reached the destination



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Detailed Itinerary

Day 01: Drive to Besisahar, 184 km and Trek to Bhulbule, 820m/2,690ft, 7km, 2hrs

Today we will start early to drive from Kathmandu to Besisahar. The road leads us West following the Trisuli River, then branches off the Pokhara highway, going North alongside the Marshyangdi River. Normally we arrive in Besisahar by late afternoon. After lunch we will follow the Marshyangdi Valley all day. First trekking on the left bank heading North, with Mt. Himalchuli and Peak 29 dominating the horizon in front of us. Overnight stay in lodge. **Meal included: (B, L, D)**

Day 02: Trek to Ghermu Phant, 1136m/3,727ft, 15km, 5-6 hrs

A long suspension bridge takes us the deep river gorge to the other bank of the Marshyangdi. The trail from Ngadi leads up the East bank of the river to a beautiful waterfall, where we cross a suspension bridge and begin a steady climb through scrub forest finally arriving at Lampatta, a Manangi village with Tibetan style prayer flags. Next, a steep ascent takes us to a village perched on a 1311m ridge, called Bahundanda. After a short and steep descent through terraced rice paddies we come to Syange, 1136m. Overnight stay at lodge. **Meal included: (B, L, D)**

Day 03: Trek 6-7 hrs to Tal, 1700m/ 5577ft, 18km, 5hrs

The trail on the opposite side winds high above the river as the gorge closes in, and we reach Jagat, a village perched high above the gorge. An undulating trail leads to Chyamje, where we cross a suspension bridge to the forest on the other side. We lose view of the river, but can see many interesting rugged, rocky hills. The trail through the oak forest leads up to a ridge and descends into a level valley where the next village, Tal, is situated at the foot of a grand waterfall, 1700m. Overnight stay at lodge. **Meal included: (B, L, D)**

Day 04: Trek to Timang, 2780m/ 8464ft, 21 km, 5-6 hrs

After crossing the river and follow the trail over a hill to the village of Dharapani, 1946m From Dharapani the trail passes a school and climbs over a hill before descending to Bagarchhap. You will immediately recognize the Tibetan atmosphere of this special village. At the entrance there is a monument called a Chorten, a monastery, Gompa, with prayer wheels around it, and buildings typical of the Buddhist culture. The path leaving Bagarchhap enters a narrow forested gorge; looking back we have a magnificent view of Manaslu. Timang village is famous for incredible views and they are truly breathtaking we'll stay overnight at lodge. **Meal included: (B, L, D)**

Day 05: Trek to Pisang 3200m/ 10498ft, 27km, 7-8hrs

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The trail continues through quaint villages: Timang, Charku and Thangla. As we continue on to Burdhan, the view of the Annapurna range grows increasingly spectacular; in particular Annapurna II. At Chame, the administrative headquarters of the Manang district, As we follow the East bank of the Marshyangdi through forest and orchards to Brathang, Annapurna II is looming to the South of us, and Pisang Peak to the Northeast. The valley opens out, with the dramatic Pangu Danda rock face rising more than 5,000 feet from the river. The trail continues to Pisang where flat roofed houses cling to the crumbling hillside. Our lodge is in the forest a little beyond Pisang, sheltered from the cold wind, which often blows up the valley. Overnight stay at lodge. **Meal included: (B, L, D)**

Day 06: Trek to Manang 3540m/ 11614ft, 22 km, 6-7hrs

We are now in the dry, arid region of Manang called Nyesyang. This area falls in a rain shadow area of the Himalayas where it seldom rains in the summer months; though it snows in the winter and the snow remains on the ground for a long time. The local people are mostly farmers and traders. There are two routes leading out of Pisang towards the Manang Valley. We take the one which follows the left bank of the valley floor. Today we will enjoy magnificent views of Annapurna III, IV, Gangapurna and the Tilicho peaks. At Hungde, we cross the river and walk along a fairly broad trail through the buckwheat and potato fields to the village of Braga, famous for its monastery which is more than 500 years old. Then after a slight climb we arrive at the village of Manang. Overnight stay at lodge. **Meal included: (B, L, D)**

Day 07: Acclimatization day in Manang, 3540m

This is an ideal place to stop and spend the day around Manang for many reasons. First, we want to acclimatize to the altitude and to conserve our energy to succeed in our Mini Annapurna Trek endeavor. Second, this is the part of the trek where we are closest to the mountains. Most people climb the hill behind Manang to enjoy the magnificent views of the whole Annapurna range and the enormous icefall that crashes and rumbles down from Gangapurna. The sunset and sunrise over this natural amphitheatre is one of the most beautiful mountain views in the country. **Meal included: (B, L, D)**

Day 08: Trek to Yak Kharka, 4000m/ 13123ft, 10 km, 4-5 hrs

Moving on, the trail climbs steeply to the village of Tenki, which is the last permanent settlement, this side of the Thorung La Pass. The trail ascends for a short distance to Gunsang, a small settlement of tea houses, and an amazing viewpoint of the mountains. It finally levels out into the open pasture lands, from which the name Yak Kharka, Yak Pastures, is derived. Overnight stay at lodge. **Meal included: (B, L, D)**

Day 09: Trek to Phedi, 4545m/ 14911ft, 8.5 km, 3-4 hrs

We continue through pastures to a settlement called Chuli Leder, from where we get an excellent view of Chulu West. From here the trail follows the bank of the Jarsang Khola, a tributary of the Marsyangdi, before branching off to climb the scree slopes high above the river, to Phedi. Overnight stay at lodge. **Meal included: (B, L, D)**

Day 10: Trek to Muktinath via Thorung La Pass 51416m/ 17769ft and Descend 3694m/ 12106ft, 16km, 9-10 hrs

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A long day as we leave Phedi very early morning for the climb to the pass. The first part of the ascent is very steep, but it eases somewhat as we approach the top, although the altitude still makes the going tough. Eventually, after numerous false summits, we reach Thorung La itself at 5416m. Looking back, we get our last great view of the towering peaks of Annapurna, while below us is the 2500m deep chasm of the Kali Gandaki. In the distance are the snow-capped peaks of Tibet. The long descent from Thorung La starts gently but becomes steep and winding until it finally reaches the grassy slopes for a gentle descent to Muktinath. Overnight stay at lodge. **Meal included: (B, L, D)**

Day 11: Drive to Tatopani 1160m/ 3805ft, 60 km 5-6 hrs

The day has three optional routes from Muktinath to Tatopani or Pokhara, we mean if you take short route flight from Jomsom to Pokhara and walking through the Tatopani it takes 3 days Marpha, Ghasa and Tatopani and this itinerary is driving by jeep or Bus following through the Kali Gandaki River Bank, Capital city of Apple in Thakali villages as well as Deepest Gorge in the world. Tatopani means Hot water where is very good natural hot spring so you can fully enjoy sitting in the pool and drinking cold or hot drink over at night.

Day 12: Trek to Ghorepani, 2850m/ 9350ft, 17.5 km, 6-7 hrs

Today our trail branches off the Kali Gandaki Valley to follow the Ghar Khola River. After crossing this river on an old swaying bridge, we will continue ascending to Ghara, 1780m and Shika, 1935m, from where we can see Niligiri and Annapurna South. The last part of the trail today will have us climbing through rhododendron and magnolia forests to Ghorepani. Overnight stay at lodge. **Meal included: (B, L, D)**

Day 13: Trek to Hile, 1400m/ 4593ft 12km, 5-6 hrs

Early morning we hike to Poon Hill, 3210 meters; a vantage point famous for its unobstructed views of the sunrise over the high Himalayas. After feasting our eyes, we descend back to Ghorepani for breakfast and begin walking down along the ridges through rhododendron forests to large Magar village of Ulleri, 2070m. The decent from Ulleri to Hile is very steep. Overnight lodge **Meal included: (B, L, D)**

Day 14: Trek 3hrs to Nayapul, 1010m/ 3313ft, 7 km

From Hile it is an easy three hour walk to Nayapul where our vehicle will be waiting for us for a one hour drive to Pokhara. Overnight in Hotel. **Meal included: (B)**

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Service Includes

1. Accommodation during Trek ; local lodges 13 nights (Full board meals with twin-share rooms ,beds with comfortable foam mattress and pillows)
2. English speaking experienced Sherpa guide (Govt. Trained/License Holder).
3. One Sherpa guide-assistant if group size is more than 4 Trekkers.
4. Porter to carry luggage - but we arrange on your request 1 porter between 2 clients
5. Trek Staff costs including their salary, insurance, equipment, food and accommodation.
6. Annapurna Foothill's Tshirt.
7. Energy Supplies (Snickers, Mars, Bounty) and Fresh Fruits on the Trek)
8. First aid medicine kit.
9. Annapurna Conservation Fee, TIMS permits & all required permits or Official Documentation.
10. Ground Transfers Kathmandu - Besi Shar by Public bus (upgrade to private car USD 170 total)
11. Ground transfer Nayapul- Pokhara by Private Vehicles
12. All government and local taxes.

Service Excludes

- ✗ Beverages (soft drinks, mineral water and beer)
- ✗ Lunch & Dinner in Kathmandu / Pokhara - allow \$ 10 to 14 for per meal in Tourist restaurant
- ✗ Tips for driver and guide (mandatory)
- ✗ Personal travel insurance
- ✗ Any personal expenses not mentioned in above services
- ✗ International round-trip airfare
- ✗ Hotel Accomodation in Kathmandu and Pokhara

Trip Note

The Best Time to Visit the Annapurna Circuit Trek

The best seasons for trekking in the Annapurna region are spring (February to late April) and autumn (late September to late November). Winter trekking is also possible for Ghorepani, Poonhill, Ghandruk, Annapurna Base Camp, and Kali Gandki. However, it is not the best time for the Annapurna Circuit as the Thorung La pass may have too much snow. Click for more detail

Tea Houses on Annapurna Circuit Trek

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Village tea house lodges have plenty of character and good food. The simple rooms usually have two narrow beds. When you stay in the tea houses you will have close contact with the Nepalese people and are directly contributing to the local economy.

Safe Drinking Water on Annapurna Circuit Trek

We suggest that you drink boiled water or bring chlorine tablets to purify the normal water available in the guest houses along the way. There is a small fee charged for the boiled water. Several guesthouses have Euro-guard filters. Although mineral water is available in most places, there is no provision to dispose of the plastic bottles, so we encourage the guests to do what they can to protect the environment.

Washing and Toilet Facilities for Annapurna Circuit Trek

Most lodges offer hot showers, though sometimes a hot shower means a bucket of hot water. You can ask your trekking guide about the availability. For ecological reasons please try and limit your use of hot water unless the water is solar-heated. Please note that at higher altitude and in colder seasons there is very little chance to have enough hot water for all the trekkers. If the water is frozen then ask your guide to get warm bowl of water. Every lodge will have some kind of hand washing facility but it is good idea to carry a bar of soap with you.

Toilets are usually Asian squat style and vary in how clean they are. Normally toilets are outside the lodge but now some lodges have attached or indoor toilets. The rubbish bin in the toilet is kept for your used toilet paper.

Re-charging Batteries of Electronic Items on the Trek

You can recharge your digital camera, iPod, batteries etc. with electricity or solar power sources. You may need to buy an adaptor in Kathmandu before the trip since the plugs in Nepal might be different. The lodges charge a small fee per hour for recharging facilities. Nepal uses 220-240 volts to power your appliances. The sockets fit both round and flat plugs.

Spending Money per Day

In Kathmandu we suggest you allocate US\$ 10 - 15 per meal, although it depends on your spending habits. On the trek, all your meals are included, but you may wish to purchase extras which are not included in your package, such as chocolate bars, Coca Cola or a beer. US\$10 - 15 a day should be enough, but keep in mind the cost of all items increases proportionately with the distance from the trail head.

Cultural Aspects

The most prominent ethnic groups in the Annapurna region are the Gurungs, Thakali, and Manangba. The Gurungs are the most widely dispersed, being found from the hills of Gorkha district to as far West as Palpa. The Thakalis are originated from the upper Kali Gandaki Valley around Jomsom.

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Travel Insurance for Annapurna Circuit Trek

It is strongly recommended to be sufficiently protected when you go into remote areas. You need specialized travel insurance that covers emergency evacuation, injury, lost baggage, liability and medical treatment. Make sure the insurance covers all the activities that you will be undertaking during your stay in Nepal. Annapurna Foothills Treks and Expedition Pvt. Ltd. can organize the appropriate medical response based on your policy.

Safety

When travelling in mountain regions, uncertainties such as weather, health problems and natural disasters require a certain amount of flexibility. While our goal is to follow the itinerary, that is not our first priority; your safety is always our first priority. Annapurna Foothills Treks and Expeditions request your cooperation to accept the decisions and advice of our trusted and experienced guides if they deem it necessary to change or cancel any part of the itinerary due to safety concerns.

Annapurna Circuit Trek Equipment and Packing List

This list is only our suggestion Annapurna circuit Trek. You will want to adjust the list according to your personal requirements, interests, and season of your trip. Well-seasoned trekkers will surely have their own ideas about what to pack.

Almost all of these items on the list are available in Kathmandu. Kathmandu has a good selection of gear stores where many outdoor brands are available at a reasonable price (North Face, Mountain Hardware and Marmot.) It is also possible to save money by renting equipment in Kathmandu.

Please remember that Annapurna Foothills Treks and Expedition provides one porter for every two clients. The weight limit for each porter is 30 kg. That means your duffle bag carried by the porter must not exceed 15 kg (about 33lbs). You will carry a day pack with extra windbreaker, sunscreen, water bottle and items you need on the trail.

Because most items are available in Kathmandu we have marked the items which you should bring from home with an asterisk (*). Some marked items are available, but the exact variety may not be available in Kathmandu.

Clothing

It is important to be equipped to cope with the extremes in temperature as well as unexpected bad weather. At high altitudes it can be very hot when hiking in the sun and very cold when you stop in the shade and when the temperatures dip at night. What is mentioned on the list is the minimum you should bring. A couple extra T-shirts is

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a good idea. You may get a chance to wash clothes, socks and underwear on rest days but that is not always dependable.

Upper Body

- 2-Light weight thermal tops- long sleeved (medium weight merino or equivalent)
- 3-T shirts or cool-max trekking shirts
- 1- pull over or jacket (Merino, polartec powerstretch, soft shell, 100 weight fleece)
- 1-200 weight fleece jacket or prima loft jacket
- 1-Waterproof shell jacket with hood (lightweight, breathable)
- 1-Down parka with hood

Lower Body

- 2-Thermal bottoms (merino or polartec powerdry)
- 1-Fleece or polartech powerstretch pants
- 1-Light weight hiking trousers
- 1-Heavy weight hiking trousers (wind proof soft shell for warmth at higher altitude)
- 1-Hiking shorts (optional)
- Waterproof shell pants (lightweight, breathable)
- *Under Garments

Feet

- 5- Warm Trekking socks (wool)
- 5- Lightweight Cotton Trekking socks
- 2-Thick wool socks to wear at night in lodges
- *Gore-tex waterproof hiking boots- (you should buy at home and break them in before you come)
- *Spare laces for hiking boots
- Snow Gaiters (optional)
- Camp shoes/sandals (croc's are ideal)

Hands

- 1-Lightweight gloves-Polypro
- 1-Heavyweight gloves or mittens with a waterproof shell outer (seasonal)

Head

- Warm beanie hat
 - Tubular Headwear (buff)
 - Sun hat or cap (cap and buff all fit under your hood)
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- Polarised Sunglasses with UV protection

Accessories:

- 1-Daypack (approximately 2500 to 3000 cubic inches)
- 2-Water bottle or camel bag, 1-liter (one with an insulated cover is recommended)
- large duffle bag (and a lock as the porters will carry this)
- Stuff sacks, dry bags, garbage bags etc (to organise and waterproof your things inside the duffle bag)
- Trekking pole set
- Sleeping bag (- 15°C)
- Head lamp and spare batteries

Personal First Aid kit (we suggest the following items):

- *personal medication
- Broad spectrum antibiotics (e.g. *Ciprofloxacin*)
- Diarrhea stopper (e.g. *Immodium*)
- Rehydration salt sachets
- Medication for giardiasis (e.g. *Tinidazole*)
- *Blister kit (tiny roll of 3M medical tape/breathable surgical tape)
- Antiseptic (iodine or alcohol wipes for cleaning wounds)
- *Sterile non-stick absorbent dressing/gauze (for more serious wounds)
- *Antibiotic cream (sample size)
- 10 *ibuprofen* tablets (anti-inflammatory; pain relief)
- 4 antihistamine tablets (for bites, allergic reactions; e.g. *Benadryl*)
- throat lozenges
- Small Swiss Army knife (which has knife, scissors and tweezers)
- Small whistle
- Diamox (consult your doctor about this)

Toiletries/hygiene:

- Toothbrush & *paste (preferably biodegradable)
- Toilet paper
- Light weight towel and *soap (preferably biodegradable)
- *Face and body moisturizer (the low humidity at high altitude dries the skin)
- Feminine hygiene products
- Small mirror
- *Deodorants
- Nail clippers
- Wet wipes/ baby wipes (in case there is no warm water for a wash)

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- Antibacterial hand gel
- Sunscreen (with a high UV factor needed for high altitude)
- Sunblock lip balm (kept in a pocket and regularly applied)

Extras/Luxuries:

- *Lightweight reading material, journal
- Trail Map/Guide book
- Journal & Pen
- *Travel game i.e. chess, backgammon, scrabble
- Small pillow
- Thermarest (optional – in case the mattress in the lodge is inadequate)
- *Earplugs (in case group member snores)
- Personal treats and snacks
- *Zip-lock bags for snacks so you can divide each day
- A bag to leave these in Kathmandu (very cheap in Kathmandu)
- Shoulder bag or small backpack for exploring around town (optional)
- *Music player
- *Camera
- Binoculars
- Town clothes and shoes
- *Swimming costume (for Kathmandu)
- Tips for your Sherpa guide and porter

With best regards
Ngima Nuru Sherpa



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