

Annapurna Circuit Trek Itinerary

Day 01: Arrive in Kathmandu and Check into a Hotel.

Upon your arrival, a representative from Upper-Himalayan Treks and Adventure will meet you at an agreed upon location. We will then travel to a hotel and check into our rooms. After we are situated we have free time to explore or prepare for the trek. We spend the night in Kathmandu.

Day 02: Drive through Beshishar to Jagat (1,290 m): 08 hrs

We leave Kathmandu around 7 am. This will give us enough time travel to Jagat and to make a few stops. Along the way we can see the countryside, jungle and forests, rivers, villages, farms, and the mountains. The road from Besisahar to Jagat is not paved and thus a little bumpy. The views are well worth the travel. We spend the night in Jagat.

Day 03: Trek to Dharapani (1,960 m): 8 hrs

We begin our trek today. From Jagat we follow the trail downhill and cross a river. We then ascend through a beautiful green forest. After trekking for a while we come to a ridge where we can overlook the river and canyon. We can also see the Annapurna Mountain Range. The trail then takes us through Sattale and Tal to Karte. After reaching Karte Village we cross over a suspension bridge, under waterfalls, and along cliffs. Upon reaching Dharapani we check into our rooms and spend the night.

Day 04: Trek to Chame (2,670 m): 05 hrs

The trail to Chame leads into a cool rhododendron, and pine forest. We pass Bagarchhap and Danaque Village on the way to Timang Village. Each of these villages has extraordinary views of the mountains and unique cultures and customs. From Timang Village we pass through Koto to Chame. Chame is a large town with plenty of facilities including natural hot springs. We spend the night in Chame.

Day 05: Trek to Pisang (3,230 m): 05 hrs

As we continue our ascent to Pisang the climate becomes cooler, and the air becomes crisper. We trek through pristine alpine forests while following the Marshyangdi River to Bhartang Village. As we continue we have phenomenal views of Chulu, and Pisang peaks. We descend a little ways to reach Pisang Village and spend the night.

Day 06: Trek to Manang Village (3,450 m): 05 hrs

The trail to Manang takes us through Paugh Village. In the village we have excellent views of the Annapurna Mountain Range. We can see Annapurna II and III, Chulu, and Pisang peaks. We then ascend on the trail to Mungli. From Mungli we transfer to the main Annapurna Trail to reach Manang. We spend the Night in Manang.

Day 07: Acclimate and Go on hikes around Manang

We take this day to acclimate to the local conditions. At this elevation we are above the tree line in thin and cold air. Though the conditions are mildly inhospitable the local people have built a thriving community. Manang was built in traditional Tibetan fashion, and its people are known for their rich culture, and traditions.

Day 08: Trek to Yak Kharka (4,110 m): 4 hrs

Our trek to Yak Kharka takes us above Manang and out of Marshyangdi Valley. After we pass Jarsang River the trail takes us past yak and horse pastures with juniper trees to Ghunsa Village. Continuing past Ghunsa, we arrive in Yak Kharka. Yak Kharka offers extraordinary views of Gangapurna, Annapurna III and the Chulu peaks. We spend the night in Yak Kharka.

Day 09: Trek to Thorong High Camp (4,600 m): 04 hrs

We trek to Thorong High Camp in two stages. The first stage takes us to Thorong Phedi, which is a village that caters to travelers. The second stage takes us to Thorong High Camp. The landscapes at Thorong High Camp are spectacular. We spend the night in Thorong High camp.

Day 10: Trek Over Thorong La Pass (5,416 m) to Muktinath (3,800 m): 7-8 hours

Crossing Thorong La Pass is a major highlight of this trek. Not only do we get amazing views of the Himalayan Mountain Range, but we also have an amazing story to tell. We reach Muktinath by the end of the day, which gives us opportunities to watch the sun set. In Muktinath we can tour a Vishnu temple and a Monastery. We spend the night in Muktinath.

Day 11: Trek through Jomsom to Marpha (2, 670 m): 06 hrs

From Muktinath we descend to the Kaligandaki River Valley and continue through Jomsom. After Jomsom we reach Marpha. Marpha is an extremely charming village. The houses are white washed, the streets are paved and the lodges are well kept. This area is also known for its apple ciders, apple juice, and Brandy production.

Day 12: Trek to Lete (2,480 m): 06 hrs

The trail to Lete takes us along the Kaligandaki River. We have excellent views of Tukucho Peak, Mt. Dhaulagiri, and Mt. Nilgiris. As we continue our descent, we enter the tree line and trek through pines, oaks, and rhododendron trees. We then pass a few villages with great vantages of Mt. Annapurna I, Nilgiris peaks, and Dhaulagiri. Shortly after passing the villages we arrive in Lete. We spend the night in Lete.

Day 13: Trek to Tatopani (1,190 m): 06 hrs

As we trek to Tatopani (Hot Water) the landscape drastically changes. The trail leads through the world's deepest gorge, between Dhaulagiri and Annapurna mountains, to Tatopani. Tatopani has a tropical climate and hot springs on the Kaligandaki River.

Day 14: Trek to Ghorepani (2,750 m): 06 hrs

Today we cross a suspension bridge over the Kaligandaki River. On the other side of the river we trek along terraced farms, and through villages until we reach Ghorepani. Ghorepani has fantastic views of Mt. Dhaulagiri, Annapurna South, and Annapurna Fang. We spend the night in Ghorepani.

Day 15: Trek to Tikhedhunga (1,500 m): 05 hrs

We hike to the sunrise viewing platform at Poon Hill to have an unobstructed panoramic view of the sunrise over the Himalayan Mountains. We continue our trek after sunrise, which leads us through a magnificent rhododendron forest. We pass Ulleri Village and arrive at Tikhedhunga. We spend the

night in Tikhedhunga.

Day 16: Trek to Naya Pul and Complete the Trek in Pokhara: 2-3 hours trek, 2 hours drive

We trek to Naya Pul where we can see over the Pokhara valley and Lake Phewa. From here we drive to Pokhara and check into our hotel rooms. We have the rest of the day to explore the city, join an adventure activity like parasailing or boating on the lake, go to a nice restaurant, or get a spa treatment.

If you wish to stay in Pokhara we would be happy to make the arrangements for you.

Day 17: Travel to Kathmandu.

For those of us departing to Kathmandu we can travel by plane or by car. The plane trip takes approximately 30 minutes and offers great views of the trekking route we were just on. If we choose to travel by car we can see Nepal's geographical diversity as we pass through the countryside. We spend the night in Kathmandu.

Day 18: Conclude Trip

We conclude our trip after breakfast. If you wish to stay in Nepal, further accommodations can be arranged or if you are leaving we will assist in preparations and transport to the airport.