

Annapurna Circuit

This *strenuous* 'tea house' trek is one of Nepal's best known multi-day treks. The route climbs and descends valleys and ridges by village paths to circum-navigate the spectacular Annapurna massif. There are some stiff climbs and a few long days on the trail. The Thorong Pass (5416m) is the highest point of the twelve day trek. Village rest days, cultural sightseeing and a few 'post' trek days wildlife watching at Royal Chitwan National Park are included.

Visit Kathmandu, Pokhara, Chitwan.



Length of trip	21 days 12 trekking days.
Accommodation	Hotels, Village tea houses.
Meals included	Yes
Travel Style	Porter supported trek.
Escort	Local English speaking guide
Maximum group	12
Sightseeing and entry fees	Included
Commences	Kathmandu 02nd November 2012
Concludes	Kathmandu 22nd November 2012
Cost	NZ\$4,500 based on twin share. Single Rm Sup NZ\$350 (prices subject to change)



You don't need magic to disappear. All you need is a destination.
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Itinerary at a Glance :

Day 1 Arrive Kathmandu

Transfer to hotel. Tour Briefing

Day 2 Kathmandu

Full day city tour.

Day 3 Bus to Besishar

Bus via Mugling and Dumre to Besisahar.
Overnight at teahouse.

Day 4 Trek to Bahundanda

Cross the Marsyangdi River and ascend through forest and paddy fields and a long descent to the village of Bhulebhule (830m). It is level walking for 1½ hours, to Nadi, then across the suspension bridge and a long climb to village of Bahundanda (91310m). Total 6/7 hours.

Day 5 Trek to Jagat

Descend steeply and then continue above Marasyangdi river to Syange (1190m). Cross river to west bank and ascend high above river to Jagat (1430m). Total 6 hrs.

Day 6 Trek to Tal

Cross the river to the east bank and ascend to Tal (1675m). Afternoon to relax at Tal.

Day 7 Trek to Chame

Ascend alongside the river to Dharapani (1920m) (2½ hours). Continue through forest to Chame. Total 7 hours

Day 8 Trek to Pisang

Continue to Bratang (2480m). Continue on east bank of river, cross river and ascend steeply for 30 minutes followed by easy walking through the forest to lower Pisang village (3190m). 4 hours walking with one steep ascent - total ascent of 560m. Excursion to Gompa (monastery) in upper Pisang village (3290m).

Day 9 Trek to Manang

Start with easy walk passing a small lake before a steep ascent for 1½ hours to Ghyaru (3675m). Stunning mountain views and gompa visit. Continue on contouring trail to Naural and a descent to Braga (3475m). Stay either in Braga or continue to Manang village (3500m). Total walking for day 8 hours.

Day 10 Manang

Acclimatisation day around Manang. Various walk options for views and acclimatisation including walk up nearby ridge for fantastic views. Approx 4 hours round trip. Exploration of village and visit to Gompa

Day 11 Trek to Yak Kharka

Ascend from Manang to above Yak near Leder (4090m). Short but scenic walk, with total ascent of 600m. Optional walk up ridge in afternoon to look for blue sheep and for views.

Day 12 Trek to Thorong Phedi

Ascend in 4-5 hours to Thorong Phedi (4420m). Rest of day acclimatization walk in afternoon.

Day 13 Trek to Muktinath

Very early start to cross Thorong Pass (6416m). 3½ - 5 hours for the 1000m ascent to the pass. There are good views of mountains from the pass. Descent to the Kali Gandaki valley-4 hours descent to Muktinath village (3800m).

Day 14 Muktinath rest day

Free day in Muktinath, either as rest day or as a spare day in the itinerary in case of bad weather before the pass. Visit the temple complex of Muktinath.

Day 15 Trek to Jomson

Descent to Kagbeni (2810m) in 2½ hours. Kagbeni is an interesting village, the most southernly part of mustang. Continue descent to Jomsom.

Day 16 To Pokhara

Morning flight to Pokhara. Afternoon free

Day 17 Pokhara

Free day in Pokhara

Day 18 Drive to Chitwan National Park

Activities include Elephant Safari, Canoe Ride, Jungle Walk, Cultural Show

Day 19 Chitwan National Park

Nature watching activities in the Park

Day 20 Drive to Kathmandu,

Free time in Kathmandu. Farewell dinner

Day 21 Depart

Transfer to airport