



Global Adventure Trekking

A best holiday maker

Annapurna Circuit Trekking

Summary: Walk completely around the Annapurna massif. Trek through lowland village to the remote Manang village 3440m, and down the Kali Gandaki. Cross 5416m Throng-la pass probably the highest you will ever get without climbing a mountain. Nepal opened Manang in 1977, although a few expeditions and scientific parties visited the region in 1950s.

Day 01-Kathmandu-Beshisahar 185km.-Bulbule.After 5hrs drive to Beshisahar the Annapurna Circuit Treks begins.The road is quite smooth and very scenic to Beshisahar. Same day we trek about 3 hrs to Bulbule just for a warm up day. Over night at Guest House.L/D

Day 02-Bulbule 840m.-Bahundanda 1310m.-Ghermu Phant 1120m. We will be walking through the local village and trek 3hrs to Bahundanda for lunch and mountain view, paddy field and many waterfalls can be seen then we keep walking 2hrs to Ghermuphant 1120m.Over night at Guest House.B/L/D.



Day 03-Ghermu Phant-Jagat 2hrs. 1300m.-Chamje Lunch 1.5hrs.-Tal 2hrs. 1700m. After crossing the Marshyangdi river the trek goes all the way up hill to Jagat which is the ancient Tax collection place. Mostly we are walking up hill and facing some mountain and boulders. Tal is one of the finest place to stay because silent noise from Marshyangdi river. Tal lies on the bank



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of the river. You will have real experience with local people and husbandry work. Over night at guest house. B/L/D

Day 04-Tal-Dharapani 2hrs.1860m-Bagarchhap 1hrs. 2160m.-Danayku 1hrs.2300m. We follow the Marshyangdi river for some time trail leads you ascend to the hill side but the path is wide and facing to the snow caved himalaya and waterfalls. As soon as you cross Dharapani check post the giant killer mt. Manaslu will appears for a short time and hide itself. Over night at Lodge. B/L/D.



Day 05-Danakyu-Timang 1hrs.2270m.-Lata manang 1.30hrs. 2400m.-Koto 2hrs.2600m.-Chame 30 min.2670m. Chame is the district head quator of Lamjung district and all internet services are available. The trail to Chame is easy and facing all the snow caped mountain and walking through Chir pine, on the lap of giant mount. Over night at Guest House. B/L/D

Day 06-Chame-Talakh30 min.2720m-Bhratang 1.5hrs. 2850m.-Dhikure pokhari 2hrs.3060m.-Lower Pisang 1hrs. 3200m. Slowely you are going to enter into the different world and gaining the elevation and walking through the pine forest. Pissang is the inhabitant of Gurung people. Over night at Guest House. B/L/D

Day 07-Pisang-Nagadhara 1hrs. 3280m-Humde 1.5hrs.3280m-Braga 1.5hrs.3360m.-Manang 45 min.3540m. Manang is famose place for the Monastery,Cave,Glacier and perfect place for acclimatize. Over night at Guest House. B/L/D



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Day 08- Manang Acclimatize day. We are trekking up to Monastery, Mileropa cave, Gangapurna lake, Glacier and visit Manang Aid post. B/L/D

Day 09-Manang-Tenki 30 min. 3565m.-Ghusang 1hrs.3900m.-Ledar 1.5hrs.4200m. you will be walking as a turtle due to the altitude. Along the way you will encounter with Musk deer, Himalayan Thar and all mountain range. Over night at Guest house. B/L/D

Day 10-Ledar-Throng Phedi 1.5hrs. 4450m.-High Camp 2hrs. High camp is the place to gear up for the next day to Throng la pass 5416m. It will makes you easy to go for next day and the great sunrise and all entire range of mountain can be seen. B/L/D

Day 11-High Camp-Phedi 5hrs.-Muktinath 3hrs. 3760m. This day is the hard day of your trek as we start early 5 A.M. for the Summit, experience the sunrise and long way to descent to Muktinath. Then you are entering into the different world which you feel. B/L/D

Day 12-Muktinath-Jharkot 1hrs. 3550m-Kagbeni 2hrs.2800m. The most relaxed day and walking into the baren land and facing to the dry mountain and warrier land, hundred's of years monastery, Gumba and Tibetan tribes. B/L/D



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Day 13-Kagbeni-Jomsom 2hrs.2720m.-Marpha 2hrs.2670m. You are walking into the pilgrimage trail and Kaligandaki is the holi river which start from the Mt.Kailash. You may find fossils and Saligrames along the trek.Marpha is the place for Thakali/Budhist/Monastery and apple garden. B/L/D

Day 14-Marpha-Tukuche 1.5hrs.-Kalopani 1hrs.2530m.-Ghasa 3hrs.2010m. Again you are walking through the rain forest and Thakali local village. On this day you will have the excellent view of Annapurna I and Dhaulagiri. This trail is known as the deepest gorge in the world. B/L/D

Day 15-Ghasa-Rukse Chhahara 3.5hrs. 1630m-Dana 1hrs. 1440m.-Tatopani 1.5hrs. 1190m. Even though we are trekking in to the valley still mountain view,Water falls,Local lives and Kali valley makes very pleasant of your day. B/L/D

Day 16-Tatopani-Shikha 3hrs.1935m.-Ghorepani 3hrs. 2860m. You do have an option to complete you trek earlier via Beni and pokhara but Global Adventure suggest you to hike up to Ghorepani due to the Sun rise from Poon Hill. Poon hill is the finest place for the Dhauligiri range,Annapurna Range and Lamjung Himal range. B/L/D



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Day 17-Ghorepani-Ulleri 3hrs.-Hille 1.5hrs. 1500m.-Birethanti 1.5hrs.-Nayapul 30 min.-1hrs drive to pokhara. Early morning 30min. walking to Poon hill 3200m and back to lodge then prepare to descent Hille. You are trekking all downhill through the Rhododendron forest and passing through the Magar village. Machhepuchere offers you the best angle for picture. B/L/D

Cost Include

- TIMS (Trekker Information Mangement System)
- Annapurna Conservation Area Entry Permit.
- All ground transportation by Tourist or public Bus
- Best available lodge/T- House Accommodation during the trek.(8 nights in the mountain)
- One night accommodation in Pokhara(B &B Plan)
- Experienced English Speaking guide with well equipped (Gov. License Holder)
- Porters 1 for each 2 clients
- Airport pick up and drop by bus
- Company guarantee for Gov't Rescue Services
- Full board meals in the mountain
- Insurance of Nepalese Staffs.
- Gov't tax and VAT



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Cost Exclude

- Domestic air ticket for clients or staff,
- Special permit fees for Restricted Areas or Climbing,
- All Food lunch & dinner in Kathmandu and Pokhara, Snacks, Bar Bills, Mineral water or other cold drinks and hot drinks, shower,
- Battery charge,
- Internet, equipments,
- Emergency evacuation by Helicopter,
- Staff Gratuities(tips)
- Personal expenses and all kind of drinks,
- Int'l tickets and Departure Tax,
- Custom charge,
- Nepal Visa fees,

Trip Note:

Your safety is of paramount concern while travelling with Global Adventure Trekking. Please keep in mind that above itinerary is just the guideline, it might be customized if required. The weather could be change quite often in the Himalaya, we may have heavy rain fall or snow fall which caused flooding, land-slide and road blockage which is beyond the human control. We can't give any guarantee for natural disaster, weather condition, health condition of the group member and unexpected natural disasters. Our team leader/ group leader will try to ensure that the trek runs according to our original plan.