



# Sherpa Khangri Outdoor

Web: [www.sherpakhangri.com](http://www.sherpakhangri.com)

Email: [info@sherpakhangri.com](mailto:info@sherpakhangri.com)

## Annapurna Circuit Trekking 15 Nights 16 Days



Annapurna Circuit or Round Annapurna is one of the famous trekking route in whole world. Annapurna Circuit is named after world 10th highest peak, Mt. Annapurna. The trail circle around the Annapurna mountain range, hence it is called Annapurna Circuit. Many mountains like Annapurna I, II, III, IV, Nilgiri, Tilicho peak, Thorong peak, Pisang Peak, mountains of Dhaulagiri mountain range can be viewed from the trail. Adding Tilicho Lake to the trip adds more excitement. Tilicho Lake is Glacier Lake situated at highest altitude. The view of this is one of the most memorable part of the trip.

### Highlights of the trip

- Close view of mountains of Annapurna range massif , Nilgiri, Tilicho peak, Thorong peak, Pisang Peak and Dhaulagiri range.
- Reaching altitude of 5416m.
- Visit world highest glacier lake- Tilicho Lake
- Beautiful nature with wide variety of flora and fauna and wild life.
- Cultural aspect of local people.



# Sherpa Khangri Outdoor

Web: [www.sherpakhangri.com](http://www.sherpakhangri.com)

Email: [info@shepakhangri.com](mailto:info@shepakhangri.com)

- Holy temple : Muktinath
- Landscapes that are unique.

ACT is one of the best trekking route in whole Nepal. It is combination of nature and culture. The change in landscape is drastic after crossing the pass. It is semi-arid region which rivers that bring life to the region. We can observe different culture and tradition which is completely new to the outer world. Although, modernized facilities are still found in the region, there are still huge parts where ancient culture of locals can be seen. In this route, there are numbers of old monasteries and structures that make everyone amazed. Muktinath is a temple where two different religions worship. It is a highlight of Nepal's religious tolerance. This route also shares parts of routes of various trekking routes like Manaslu circuit and Mustang trek .

## Info

Activity: Trekking | Duration: 16 Days | Grade: Strenuous | Highest Alt: 5416 m.

Trek Type: Hotel / Lodge & Tea house Trek | Best Season: Mar-April-May / Oct-Nov-Mid Dec

## Itinerary

### Day 01: Arrival in Kathmandu (1400 m)

Arrival in Kathmandu International airport . Our office representative will welcome with Nepali tradition with garland or khadas then transfer to hotel. Hang around Thamel- a touristic hub on availability of time. Short briefing in evening with welcome dinner by Guide or office representative. Back to hotel and overnight.

**Meal: Dinner**

**Accommodation: Hotel**

### Day 02: Drive to Chamche (1410 m) via Besishahar- 8-9 hrs drive

After early breakfast, we take a drive to Chamche via Besishar along Prithivi highway. It's a long drive. After Besishahar, its an off road to Chame. Chame is small settlement with few teahouses. Rest and overnight.

**Meals: Breakfast, Lunch, Dinner**

**Accommodation: Hotel**



# Sherpa Khangri Outdoor

Web: [www.sherpakhangri.com](http://www.sherpakhangri.com)

Email: [info@sherpakhangri.com](mailto:info@sherpakhangri.com)

## **Day 03: Chamche to Dharapani (2710m) 6-7 hours.**

Today onwards our trek journey starts. The trail passes through small settlements and terraced farm lands. The trail goes along bank of river Marshyangdi. It passes through forest. Waterfall near Tal is quite spectacular today . After it it's a gradual uphill walk crossing dense forest where it begins till we reach near Dharapani. Reach Dharapani about 6-7 hours , rest and overnight.

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Teahouse

## **Day 04: Dharapani to Chame(2630 m) 6-7 hours.**

The trek continues through crossing wide and flat valley climbing a stone paved stairs and dense forest. Then after crossing the Tibetan Village we pass Bagarchap small settlement that offers to see unique typical flat roof stone houses of local people. Our trails heads ahead to Chame, which is also headquarter of Manang District and is large settlement in context of local area. The trail is rough and uphill ascend . The view of mountains starts to visible as we go up high . It feels much closer as we progress. (Optional )On time availability one can enjoy hot-spring bath in Chame. Reach Chame about 6-7 hours rest and overnight.

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Teahouse

## **Day 05: Chame to Pisang (3300 m) 5-6 hours.**

After breakfast our trail heads ahead crossing a river near Chame. The trail leads through narrow valley alongside with dense forest of pine. The high wall of steep rocks surrounds the area. The trail climb steep up after crossing suspension bridge . The scene soaring Paungda Danda a notable for its western rock face that rises dramatically 1,700 m above the Marshyangdi river. Its smooth western face, also known as the Great Wall of Pisang composed of slate rock. We will stay at lower Pisang village. The landscape gradually begins to change after Pisang. It becomes more dusty and rocky on our ahead trail. Overnight.

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Teahouse

## **Day 06: Pisang to Manang (3500 m) 4-5 hours.**

The trail goes through dusty, rocky and dry to Manang. The view of mountains get closer and clear when we reach Manang. Manang is very old settlement of the region. There are two available routes to Manang from Lower Pisang which differ significantly in difficulty. We will follow the road all the way to Manang – an easy and popular notable monuments trail . We can be visible of Annapurna II and notable mani wall with stones tablet. Reach Manang by 5-6 hours rest and overnight.



# Sherpa Khangri Outdoor

Web: [www.sherpakhangri.com](http://www.sherpakhangri.com)

Email: [info@sherpakhangri.com](mailto:info@sherpakhangri.com)

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Teahouse

## **Day 07: Manang: Acclimatization day**

It is highly recommended to have an extra day in Manang for acclimatization. Acclimatization helps body to cope with high altitude gain. Manang has many places to visit on. You can visit nearby Gangapurna Glacier lake, Monastery at top of hill, Milarepa cave, visit to ice lake are some of the activities that can be done in the day. Also the picturesque of spectacular scenery of mountain -Annapurna-II, Annapurna-III (7,555m), Gangapurna (7,454m), to the South – Tilicho (7,132m), and the Grand Barrier to the West – Chulu West (6,583m) and Chulu East (6,059m) to the North can be easily visible. You can also visit to Himalayan Rescue Association for talk program about high altitude health that held on daily basis. Enjoy surroundings. Overnight.

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Teahouse

## **Day 08: Manang to Shree Kharka (4050m) 3-4 hours.**

Today we take a slow gradually trail to Shree Kharka. It would be lunch camp to Shree Kharka. It is short camp because the traveling to Tilicho Base Camp is quite far and difficult to cross. Although, trekking directly to Tilicho Base Camp is also possible. But we recommend to take slow gradually high elevation with enjoying each step of trail and surroundings. Rest and overnight.

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Teahouse

## **Day 09: Shree Kharka to Tilicho Base Camp (4140 m) 6-7 hours.**

The trail after Shree Kharka is quite difficult and caution is advised. It is a landslide area. With guide direction we take him follow the path. Trail to Tilicho Base Camp is very steep or physically strenuous. It would be physically exhausting because of narrow path with loose pebbles in path. Reach Tilicho Base Camp with hard and adventure trail. Rest and overnight.

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Teahouse

## **Day 10: Hike to Tilicho Lake (4919 m) & back to Shree Kharka(4060 m) 6-7 hours.**

It will long day walk. It takes about 3 to 4 hours to reach Tilicho Lake. It's best to start early and reach as soon as possible to get early view of Tilicho Lake and avoid windy. Tilicho Lake is lake located at highest altitude. It gives jaw dropping scenic view. Tilicho Lake is a cold barren place



# Sherpa Khangri Outdoor

Web: [www.sherpakhangri.com](http://www.sherpakhangri.com)

Email: [info@sherpakhangri.com](mailto:info@sherpakhangri.com)

in the afternoon and claimed as world's highest lake .After spending few time we will return back back to Shree Kharkha via base camp for staying overnight.

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Teahouse

## **Day 11: Shree Kharka to Thorong Phedi Camp(4600 m) 6-7 hours.**

The trail from Shree Kharka gradually descend to Jarsoang River and reach the main route of ACT. From here it's a gradual ascend to Throng Phedi. There are two main lodges in Throng Phedi. Reach around 6-7 hours, rest completely and overnight .

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Teahouse

## **Day 12: Thorong Phedi to Muktinath (3800 m) via Thorong La Pass (5416 m) 8-9hours.**

The day must start very early from here. It is slow uphill climb till Thorong La Pass It is a mountain pass with an elevation of 5,416 metres in the Damodar hill. Thorong Ri on the slope of Khatung Kang and Yakawa Kang are the mountains forming Thorong La . There are two tea shops after crossing high camp. It takes 4-5 hours slow ascend to top. From top of pass, many peaks are visible. View of Dhaulagiri mountain range begins to appear too . We spent few minutes click picture and descend steep downhill from the pass. It takes another 4 hours to reach our destination of Muktinath – the other crossing district Mustang. Muktinath is holy places and belief as the salvation for Hindu and Buddhist. Lots of holy pilgrimage comes here and take a visit. Overnight .

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Teahouse

## **Day 13: Muktinath to Jomsom (2720 m) 6-7 hours.**

Muktinath is a very beautiful village in lap of rocky mountain. Its best to start early to Jomsom because high winds will hit the trail every day from noon. Magnificent view of Dhaulagiri range and changing landscape provides amazing experience to the travelers. All though there is option of driving down to Jomsom as transportation has already reached to Muktinath with black topped .

**Meals:** Breakfast, Lunch, Dinner

**Accommodation:** Teahouse

## **Day 14: Fly Jomsom to Pokhara (20 mins)/ Drive to Pokhara 7-8 hrs.**

Fly to Pokhara if possible. The wind condition is unpredictable here and flight takes place early morning. If there is flight, it would be easier and will have time in Pokhara for exploring around.



# Sherpa Khangri Outdoor

Web: [www.sherpakhangri.com](http://www.sherpakhangri.com)

Email: [info@sherpakhangri.com](mailto:info@sherpakhangri.com)

After checking-in at our hotel, we may take a rest or visit the Lakeside area in the vicinity of the Fewa Lake.

**Meals:** Breakfast

**Accommodation:** Hotel

## **Day 15: Fly / Drive from Pokhara to Kathmandu**

Today early in the morning we take bus or fly to Kathmandu . Upon arrival in Kathmandu, our office representative will escort you to hotel and we can enjoy our day in Kathmandu. In evening farewell dinner with traditional Nepali Cuisine will be organized in order to celebrate our successful journey. Overnight.

**Meals:** Breakfast and Dinner

**Accommodation:** Hotel

## **Day 16: Departure.**

After breakfast timely transfer to International airport for your onward journey.

Meals: Breakfast

## **Cost includes**

1. Pickups & Drop according to itinerary.
2. Welcome and farewell dinners in Kathmandu.
3. Hotel Accommodation in sharing basis in Kathmandu and Pokhara on BB plan.
4. Ground transportation from Kathmandu to Chamche
5. Domestic flights
6. National park & Necessary Permits.
7. Meal during Trekking (Breakfast, Lunch & Dinner).
8. Tea House accommodation during Trekking.
9. Experience Trekking Guide
10. Porter Service 2:1
11. Staff Insurance and Salary.
12. Medical kit.
13. Travel and rescue arrangement only.

## **Cost Excludes**

1. Nepalese visa fee.





# Sherpa Khangri Outdoor

Web: [www.sherpakhangri.com](http://www.sherpakhangri.com)

Email: [info@sherpakhangri.com](mailto:info@sherpakhangri.com)

2. International airfare to and from Kathmandu.
3. Extra night accommodation (s)
4. Meal in Kathmandu and Pokhara.
5. Travel and rescue/heli insurance (recommended)
6. Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottled or boiled water, shower, heater, internet access wifi etc.).
7. Personal trekking gears.
8. Personal guide or porter if needed.
9. Trips and sightseeing if extended.
10. Gratuity for guides and porters.