



ANNAPURNA CIRCUIT CLASSIC TREK

14 DAYS **\$1199**

PROVIDED BY



DESTINATION INFO

NEPAL

- **Weather:** The best time to trek in Nepal is October-November and Feb-May
- **Capital:** Kathmandu
- **Safety:** Relatively safe, however exercise precaution
- **Time zone change:** +5:45hrs GMT
- **Dress code:** Avoid clothing that is too revealing. Temples require to cover between shoulders and knees. Whilst trekking appropriate gear is essential
- **Visas:** Visa on arrival for up to 15 days USD 30 or up to 30 days USD 50
- **Covid & Vaccines :** Covid vaccine or PCR test not required. Hepatitis A, Diphtheria, Tetanus and Typhoid
- **Validity of passport:** 6 months



COUNTRY INFO

NEPAL

Nepal is located in Central Asia and lies in-between China (Tibet) in North and India in South. Country is rich of culture, is home of Buddhism, has many temples and absolutely stunning nature.

Nepal is home to the world's highest peaks including Everest (8848m). It is a very popular trekking destination and dream for the most mountaineers. As many say, Nepal is "the roof of the world" and majority of the country lies in Himalayas.

Climate in Nepal varies from hot summers to freezing temperatures in high altitudes in Himalayas.

There are many popular trekking routes in Nepal such as Annapurna Circuit and Base Camp, Everest Base Camp and Langtang Valley.

ANNAPURNA REGION

There are 2 treks you can complete - the most popular route in Nepal - Annapurna Circuit or Annapurna Base Camp. To get to Annapurna region you can fly to Pokhara which takes 30 min or take a tourist bus of 7 hours. Full Annapurna Circuit takes 22 days or you can shorten it to approximately 7-12 days. This trek goes around Annapurna Massif and scenery will change every day. You will also be crossing Thorong La pass of 5416 meters. Another popular trek is to Annapurna Base Camp that takes around 7 days and goes to the base camp and back. Both treks are considered to be moderately difficult.

EVEREST REGION

Everest Base Camp is definitely a dream of many. You can either opt to fly to Lukla, drive or take a helicopter ride - options are endless. Trek takes approximately 14 days but can be shortened if you chose one of the flying options. Everest base camp is located at 5364 meters.

LANGTANG VALLEY

If you want a relatively easy trek that takes 8 days and is only short 6-8 hour drive away from Kathmandu then Langtang Valley is for you. The hike is simple 3 days up to Kyangjing Gumpa and 3 days back down. On day 4 you can opt to hike Tsergo Ri of 5033m. Langtang Valley was completely demolished in 2015 earthquake but has been rebuilt and you can enjoy amazing scenery along the way.

ANNAPURNA CIRCUIT

ANNAPURNA CIRCUIT CLASSIC TREK CONSISTS OF THE 14 DAYS ITINERARY FOR HIKING WITHIN THE CENTRAL HIMALAYAS. MOREOVER, IT HAS THE ROUTE THAT VARIES BETWEEN 160–230 KM (100–145 MI). ACTUALLY, IT DEPENDS UPON WHERE MOTOR TRANSPORTATION IS USED AND WHERE THE TREK ENDS. THIS TREK WILL BE CROSSING TWO DIFFERENT RIVER VALLEYS VIZ. MARSHYANGDI RIVER VALLEY AND KALI GANDAKI RIVER VALLEY. FURTHERMORE IT ALSO ENCIRCLES THE **ANNAPURNA MASSIF**(ANNAPURNA I–IV). THE PATH WILL BE REACHING ITS HIGHEST POINT AT **THORONG LA PASS**(5416M / 17769 FT). IT LIES AT THE EDGE OF THE **TIBETAN PLATEAU**.

THE TREK WILL BEGIN AFTER A SEVEN HOUR DRIVE FROM KATHMANDU TO **BHULBHULE** IN THE **MARSHYANGDI RIVER VALLEY**. THE ANNAPURNA CIRCUIT THEN PASSES THROUGH **THORONG LA HIGH PASS** AND CONCLUDES IN **JOMSOM**. FURTHERMORE, THE TRAIL TAKES YOU ALONG MANY PADDY FIELDS, SUBTROPICAL FORESTS, SEVERAL WATERFALLS AND GIGANTIC CLIFFS AND VARIOUS VILLAGES. ON YOUR JOURNEY YOU WILL BE PASSING THROUGH THE **ANNAPURNA MASSIF, DHAULAGIRI, MACHHAPUCHHRE, MANASLUA** AND **GANGAPURNA**. YOU WILL ALSO BE PASSING VIA **TILICHO PEAK** WITH NUMEROUS OTHER PEAKS THAT FALLS IN THE RANGE ABOVE 6000 M.

FURTHERMORE, THIS TREK HAS ALSO BEEN VOTED AS ONE OF THE BEST LONG-DISTANCE TREKS IN THE WORLD. IT COMBINES IN ITS OLD FULL FORM A WIDE VARIETY OF CLIMATIC ELEVATION. THE CULTURE HERE VARIES FROM **HINDU VILLAGES** AT THE LOW FOOTHILLS OF CHAME TO THE UPPER **TIBETAN CULTURE** IN **MANANG** AND **MUSTANG**.

THORONG LA PASS IS A MOUNTAIN PASS WITH AN ELEVATION OF 5416 M ABOVE SEA LEVEL. NONETHELESS, THORONG LA IS ALSO THE HIGHEST POINT ON THE ANNAPURNA CIRCUIT TRAIL. MOREOVER, IT FALLS ON THE DAMODAR HIMAL, NORTH OF THE ANNAPURNA HIMAL, IN CENTRAL NEPAL. ADDITIONALLY, THORONG RI ON THE SLOPE OF KHATUNG KANG AND YAKAWA KANG ARE THE MOUNTAINS FORMING THORONG LA. THE PASS IS THUS LOCATED ON A TRAIL WHICH CONNECTS THE VILLAGE OF MANANG IN THE MANANG DISTRICT TO THE EAST. IN ADDITION TO TREKKERS, THE PASS IS REGULARLY USED BY LOCAL TRADERS AS WELL.

DURING YOUR TRIP, YOU WILL ALSO BE EXPLORING THE BEAUTIFUL CITY OF **POKHARA**. HERE YOU WILL VISIT PHEWA LAKE, WORLD PEACE PAGODA AND DAVIS FALLS AMONG OTHERS.

ITINERARY

DAY1 - ARRIVAL IN KATHMANDU (MAX ALTITUDE: 1350M)

- On the first day of your trip, you will be arriving in Kathmandu via Tribhuvan International Airport. A Cordial Trek representative will greet and pick you up from the airport. You will then check into a hotel and be briefed about your upcoming trek and get introduced to your guide.
- **Accommodation:** '3 Star' Category Hotel
- **Meals:** None

DAY2 - DRIVE TO BHULBHULE AND TREK TO NYADI (MIN ALTITUDE: 840M)

- On the second day of your trip, you will be traveling early in the morning for a scenic drive from Kathmandu to Bhulbhule via Besisahar on a bus. The trip will take you 7-8 hours. You will then be on a one hour hike towards Nyadi, a small settlement. A guest house in Nyadi will be your halt for the night.
- **Approximate Trek Distance:** 3 km / 1.9 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

DAY3 - TREK TO JAGAT (MAX ALTITUDE: 1300M)

- On the third day of your trip, you will be on a 5-6 hour trek from Nyadi to Jagat. Today you will be passing via Bahun Danda with a scenic view of the mountains and various waterfalls on your way via Marshyangdi valley. A guest house in Jagat will be your halt for the night.
- **Approximate Trek Distance:** 13 km / 8.0 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

DAY4 - TREK TO DHARAPANI (MAX ALTITUDE: 1830M)

- On the fourth day of your trip, you will be on a 6-7 hour trek from Jagat to Dharapani. Today you will be passing via Taal village, a small town on the banks of river Marshyangdi. A guest house in Dharapani will be your halt for the night.
- **Approximate Trek Distance:** 15 km / 9.3 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

DAY5 - TREK TO CHAME (MAX ALTITUDE: 2710M)

- On day five of your trip, you will be on a 5-6 hour trek from Dharapani to Chame, the district headquarter of Manang. Today you will be passing via Danaque, a small Gurung village on the banks of river Marshyangdi. Chame offers you a majestic view of Mt. Manaslu and Mt. Lamjung. A guest house in Chame will be your halt for the night.
- **Approximate Trek Distance:** 14 km / 8.7 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

DAY6 - TREK TO PISANG (MAX ALTITUDE: 3300M)

- On day six of your trip, you will be on a 5-6 hour trek from Chame to Pisang, a narrow valley with Tibetan culture. Today you will be passing via Bhratang with a view to Paungda Danda, a sacred holy hill on an elevation of 4500 m. Pisang also offers you a majestic view of Mt. Annapurna II, Mt. Annapurna IV and Mt. Gangapurna. A guest house in Pisang will be your halt for the night.
- **Approximate Trek Distance:** 14 km / 8.7 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner



DAY7 - TREK TO MANANG (MAX ALTITUDE: 3540M)

- On day seven, you will be on a 5-6 hour trek from Pisang to Manang, an ethnic town with Tibetan culture. Today you will be passing via Humde, a modern settlement with an airstrip. Humde also offers you an insight into the farming and cultivation of apples. On your way, you will also be exploring the oldest and biggest monastery in Braga, a traditional village. A guest house in Manang will be your halt for the night.
- **Approximate Trek Distance:** 16 km / 10 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

DAY8 - ACCLIMATIZATION DAY AT MANANG (MAX ALTITUDE: 3540M)

- Today marks the day of acclimatization, an important part of your trek. The day is used to habituate yourself for upcoming higher altitudes in your trip. For the same, you will be on a short return trip (4 hours) to Praken Gompa and Gangapurna lake. Praken Gompa is an ancient monastery that offers you a panoramic view of the mountain range.
- **Approximate Trek Distance:** 3 km / 1.9 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

DAY9 - TREK TO LADER (MAX ALTITUDE: 4250M)

- On day nine of your trip, you will be on a 4-5 hour trek from Manang to Lader, a small settlement with tea houses. Today you will be passing via Yak Kharka, a grassland to graze the Yaks. A guest house in Lader will be your halt for the night.
- **Approximate Trek Distance:** 13 km / 8 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

DAY10 - TREK TO LADER (MAX ALTITUDE: 4250M)

- On day ten of your trip, you will be on a 4-5 hour trek from Lader to High Camp via Phedi. A guest house in High Camp will be your halt for the night.
- **Approximate Trek Distance:** 6 km / 3.7 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

DAY11 - TREK TO THORONG LA-MUKTINATH-JOMSOM (MAX ALTITUDE: 5416M)

- On day eleven of your trip, you will be on a 3-4 hour early morning trek to Thorong La Pass, the highest pass in the world. You will then take a four hour hike down towards Muktinath via Phedi. Muktinath (3800 m) is the biggest settlement in Lower Mustang that is named after a temple of the same name that is sacred to both Hindus and Buddhists.
- Later in the afternoon you will be taking a one hour drive to Jomsom. A guest house in Jomsom will be your halt for the night.

- **Approximate Trek Distance:** 15 km / 9.3 miles
- **Accommodation:** Mountain Guest House
- **Meals:** Breakfast, Lunch and Dinner

DAY12 - FLY TO POKHARA (MIN ALTITUDE: 830M)

- On day twelve you will be boarding an early morning flight from Jomsom to Pokhara. You will then be on a sightseeing tour of Pokhara in the afternoon. Here you will be exploring the very famous Phewa Lake, World Peace Pagoda and Davis Falls among others. A hotel in Pokhara will be your halt for the night.

- **Accommodation:** '3 Star' Category Hotel
- **Meals:** Breakfast

DAY13 - DRIVE BACK TO KATHMANDU (MAX ALTITUDE: 1350)

- On day thirteen, you will be on a 6-7 hour drive from Pokhara to Kathmandu. In the evening you will be served with a farewell dinner and cultural program. A hotel in Kathmandu will be your halt for the night. Optional: You may book a 30 min flight back to Kathmandu.

- **Accommodation:** '3 Star' Category Hotel
- **Meals:** Breakfast and Dinner

DAY14 - FINAL DEPARTURE

- On day fourteen you will be awarded with a 'Trip Certificate' and be bidden a final farewell. We will then drop you back to the airport three hours before your final departure.

- **Meals:** Breakfast

PRICE INCLUDES

INCLUDED IN THE PRICE:

- Accommodation in Kathmandu and Pokhara
- Airport Transfers - you will be greeted by Cordial Trek representative at arrivals
- Breakfast in Kathmandu
- Domestic flights
- Farewell Dinner and Cultural Program
- First Aid
- Full Board Meals (Trekking Days) - vegetarian options are available
- Guide and Porter (weight limit is 25kg between 2 travellers so 12.5kg per person)
- Mountain Guest House
- Necessary Equipment (sleeping bag, walking poles)
- Tour Bus
- Travel and Trekking Permits (you will not need any additional permits)
- Trekking Map
- Company T-shirt

EXCLUSIONS:

- Beverages
- Gratitude for Guide and Porter
- Insurance (recommended with helicopter rescue)
- Lunch & Dinner in Kathmandu
- Lunch and Dinner in Pokhara
- Nepal Visa (can be purchased on arrival)
- Personal Expenses

FAQs

- For solo travellers, an additional USD 250 will be charged
- This is a comparatively challenging trek



TREK MAP



PACKING LIST

CLOTHING

- Clothing (leggings, shorts, hiking pants, fleece pants for sleeping and layering on colder days)
- Fleece jumper
- Rain jacket and rain pants
- Light dune jacket
- Hat and a beanie
- Gloves
- Hiking boots (I also had a pair of trainers) and flip flops for evenings and going to a shower
- Some t-shirts and long sleeve thermo layer
- Socks and underwear In lower altitudes you can wash your clothing and air dry or in higher altitudes hang it in the common room over the fireplace.

HYGIENE

- Quick dry towel
- Sheet pocket soap and fabric wash (most outdoor stores sell them)
- Wet wipes and hand sanitiser
- Toilet paper (most places will sell it on the trek, but you will not find any in the toilets)
- Personal hygiene items (toothbrush, deodorant etc)
- SPF
- Mosquito spray

HIKING SPECIFIC AND OTHER

- Headlamp (for evenings going to outside toilet/ hiking)
- Water bottle
- Backpack
- External battery and adapter (most places have outlets however not all)
- Water purification tablets (you can refill your water bottle along the way in any tea houses, however it is recommended to use water purification tablets)
- Sleeping bag (company may provide you with one) - we used them at higher altitudes
- First aid kit (plasters, medicine, altitude sickness tablets)
- Neck scarf
- Hiking poles
- Camera, phone

**If you have forgotten to buy something, you will find most things in Kathmandu to buy.*