

## Annapurna Circuit Trek



Does the word 'trek' send you lingering visions of the scenic mountains, the snow-clad slopes, the emerald forests and the clear blue sky? Well, take your vision a little bit higher, to the Annapurna Circuit trek – the region that is home to some of the world's highest peaks, the deepest gorges and the highest lakes.

Annapurna region is one of the most happening trekking destinations for all travel enthusiasts, the trek entails crossing the wild Thorong La pass and into the Trans Himalayan region, often encountered by high passes, rugged landscape, lush green foothills and mountains and holy pilgrimage sites in between.

The journey takes you through an amazing circuit route that is 128-mile horse-shoe shaped and circles around the heaven-high Annapurna range, offering travellers with spectacular views that are simply breath-taking.

The Annapurna circuit trek has been hailed as the holy grail of trekking by all mountain lovers. For trekkers planning to head off to the Annapurna Circuit Trek, this season, get set to experience the distinct regional scenery of flora, fauna, rivers and above all – the rugged mountains.

### **A Walk to Remember: From the Lush Sub-Tropic to the Highest Mountains in the World**

The entire journey will start with a jungle, but soon trekkers will find themselves taken through the terraced rice fields, carved out of the greenery. Next, they will discover walking through a narrow canyon, which is so deep that the sunrays can only get to penetrate at noon.

But darkness will not always prevail in your journey, for soon there will be dense forests with tall pines to greet you. Finally but slowly, you will get to sneak out glimpses of the magnificent Himalayan ranges in all its tantalizing vistas. And when you have just started to wonder about the mountains, you will soon find yourself facing the Thorong La – which is the highest point of the circuit and is about 5416M high.

You will find yourself amidst a choppy sea of 6000m peaks and once you reach the top, beware to get your breath taken away by a 360 degree panoramic view. Upon descending from the path, you will be greeted by the colorful landscape of the Mustang Region –

home to numerous Buddhist and Tibetan Buddhist people.

The route will wind you up in the Kali Gandaki River Gorge – the deepest gorge on earth that is guarded by some of the mightiest peaks known, namely - Mt. Annapurna I (8,091 meters) and Mt. Dhaulagiri (8,167 meters).

Capture the beauty of the place in your camera lens - of the apple and the wheat farming areas when passing by and share some light moments with the local Thakali tribes. This is one of the few expeditions that you would like to set foot.

### Exciting Key Highlights of the Journey

- The Trekking Hikes – Jomsom Trek, Tilicho Lake, Annapurna Base Camp or Annapurna Sanctuary and Naar Pho Valley
- Kagbeni, all called the 'Gateway to Lo (Mustang'
- Kali Gandaki – the world's deepest river valley
- Number of hot springs in the route
- 

Duration: 14 days

Price: \$1425

Rating: 5 Star

Group Size: 02-15 Person

Grade: Difficult

Destination: Nepal

Activity: Trekking

Region: Annapurna Region

### Date & Prices:

Start Date	End Date	Price
17th Sep, 2017, Sunday	30th Sep, 2017, Saturday	\$1425
01st Oct, 2017, Sunday	14th Oct, 2017, Saturday	\$1425
15th Oct, 2017, Sunday	28th Oct, 2017, Saturday	\$1425
01st Nov, 2017, Wednesday	14th Dec, 2017, Thursday	\$1425
15th Nov, 2017, Wednesday	28th Nov, 2017, Tuesday	\$1425
03rd Dec, 2017, Sunday	16th Dec, 2017, Saturday	\$1425
01st Mar, 2018, Thursday	14th Mar, 2018, Wednesday	\$1425
20th Mar, 2018, Tuesday	02nd Apr, 2018, Monday	\$1425
05th Apr, 2018, Thursday	18th Apr, 2018, Wednesday	\$1425

<b>Start Date</b>	<b>End Date</b>	<b>Price</b>
20th Apr, 2018, Friday	03rd May, 2018, Thursday	\$1425
10th May, 2018, Thursday	23rd May, 2018, Wednesday	\$1425

### **Equipment Lists:**

01. **Sleeping bag (down), rated to -10 degree centigrade (If you don't have them it can rent in Kathmandu for your trek period).**
02. **Sleeping bag liner (optional)**
03. **Hiking boots should be light weight to medium weight leather or Gore-Tex. Your boots should fit well and be completely broken in prior to your trek.**
04. **Sneakers or sandals for camp and town.**
05. **Socks, thin liners (polypro or silk), thick outer socks (wool or polypro). Bring 3 changes of socks.**
06. **Thermal underwear, polypropylene or other synthetic (No cotton).**
07. **Lightweight hiking pants, Insulating pants (fleece or equivalent), Rain pants.**
08. **Several t-shirts, both long and short sleeved.**
09. **Shirts long sleeved.**
10. **Rain jacket/poncho(Gore-Tex) or equivalent is ideal**
11. **Down jacket.**
12. **Fleece Jackets**
13. **Warm hat.**
14. **Hat for sun protection.**
15. **Gloves or mittens.**
16. **Quality sunglasses with 100% UV and IV protection. (It is also recommended to bring a spare pair)**
17. **If you wear prescription glasses or contacts, bring spares.**
18. **Two (2) good quality 1 liter water bottles.**
19. **Trekking poles. (optional, and can be purchased in Kathmandu)**
20. **Flashlight or headlamp with extra batteries.**
21. **Reading/writing materials.**
22. **Pictures of where you live, your family, and what you do. (to share with people along the way).**
23. **Camera and spare batteries.**

**24. Special snack items in zip lock bags.**

**25. Ear plugs (for travel)**

**26. Particle masks (for dust)**

**27. Toilet kit with towel, washcloth, bandanna, scrub brush, short clothes line, safety pins, mesh laundry bag, biodegradable soap, toilet paper, pre-moistened towel, toothbrush, toothpaste, etc.**

**28. Women: bring extra sanitary supplies and zip lock bags to pack out used materials.**

**29. Personal medical/first aid kit with aspirin, ibuprofen or acetaminophen, nasal/throat decongestant, topical antiseptic, band-aids/bandages, sunscreen and lip balm, laxative, anti-diarrhea medicines, antacid, water purification tablets (or filter), moleskin, bug repellent, and any personal prescriptions or medical items.**

## **Other Informations:**

### **Nepal Entry Visa Procedures**

Foreigners who intend to visit Nepal must hold valid Passport(6 months) or any travel documents equivalent to passport issued by the government for visiting a foreign country.

You can obtain the Nepal visa up on arrival at Tribhuvan international airport, Kathmandu. Also you can apply the Nepal visa online now. The application for the tourist visa has to be filled and submitted through this link of Nepal Immigration,

<http://www.online.nepalimmigration.gov.np/tourist-visa>

Please bring the printed copy and show them at the immigration in Kathmandu with the visa fees and 2 copies of passport sized photos. US\$ 25 or equivalent foreign currency for 15 days multiple entry visa, US\$ 40 or equivalent foreign currency for 30 days multiple entry visa. We suggest you to take cash in hand. If you haven't applied online visa then visa form will be provided during your flight to Nepal.

Note: Free Visa for Chinese citizens including HKSAR Passport holders.

### **Nepal Trekking Season's**

The two most pleasant seasons for trekking in Nepal are spring and autumn. The spring season is considered to be March to May. During the spring months flowers are in bloom in the forests so it can be quite beautiful though it can also be bit cloudy, especially in the afternoon. Autumn season is considered September through November. In autumn season you will get the best mountain views, with clear skies usually all day long. The fall season is slightly cooler with average temperatures. December is also generally the driest month of the year. Trekking in Nepal is possible at any time of the year.

It is worth remembering that we will get 75 percent of annual rainfall from the mid June through the August. This period is considered as the monsoon season. Winter in Nepal is considered December through February. These months are the coldest in temperatures depending on where you are. At higher altitudes in the Himalayas temperatures will drop below freezing and it can be extremely cold at night.

### **A Typical Day of the Trekking**

The trekking day begins early at around 6.30AM in the morning with a cup of wake up tea. Before breakfast, pack your duffel bag which is carried by porters by keeping some essential things in your daypack. After breakfast, we are usually starting the good

morning walk. After 3-4 hrs walking, we stop for lunch. Allowing about 1 - 2 hours for lunch break then we continue the walk to the destination where we stay overnight.

We reach the teahouse/camp by afternoon, as the afternoon walk is generally shorter than the morning. Check in the room and having afternoon tea, side trips or other activities are generally organized. You can spend the afternoon as you wish then meet for the dinner around 7PM and sleep.

### **Geography of Nepal**

Nepal covers the land area of 147,181 sqkm, stretching 800 km from east to west and 90 to 230 km from north to south. Nepal is land-locked between China (including the Chinese autonomous region of Tibet) and India. Nepal has three geographic regions; the mountainous Himalayan belt (including 8 of the 14 highest mountain peaks in the world), the hill region and the plains region.

Nepal contains the greatest altitude variation on earth, from the lowland Terai, at almost sea-level to Mount Everest at 8848 meter. Nepal is divided into seven states and seventy-seven districts. Where high Himalayas occupy 16% of the total land area of Nepal with elevation ranging from 4,000 m to above 8,848 m. This region accommodates the eight of the highest peaks in the world; Mt. Everest (8848 m), Kanchenjunga (8586 m), Lhotse (8516 m), Cho You (8201 m), Dhaulagiri (8167 m), Makalu (8463 m), Manaslu (8163 m) and Annapurna I (8091 m).

### **Currency in Nepal**

Nepali Rupee notes come in Rupees 5, 10, 20, 50, 100, 500, 1000 denominations. Coins come in Rs. 1, 2 and 5 denominations. Foreign currencies must be exchanged only through banks or authorized money exchangers. Banks are usually open from 09.30 am to 3:00 pm Sundays through Thursdays and from 10.00 am to 1:00 pm on Fridays. Saturdays are closed.

**Credit Cards :** All major cards are accepted for tourist services. There is usually a 4% mark-up on top of the price.

### **Effects of Global Warming & Climate Change**

Nepal is one of the most vulnerable countries in South Asia to climate change, yet it has limited capacity to address impacts of climate change or to take advantage of the opportunities. It has a highly variable climate and fragile ecosystems. The Himalayan glaciers are retreating faster than any other major body of ice.

With climate change, climate variability, a driver of poverty in a country where 60% of the population is reliant on agriculture, will only increase. The monsoon rains are already more intense, but of shorter duration, and are arriving later, which has a devastating impact on the rice fields.

The Greater Himalaya region is the water tower of Asia. Nepal sits at a strategic point, in the headwaters of the Ganges basin. 500 million people live in this basin, which is one of the most flood prone in the world. Currently Nepals Himalayan Rivers supply 70% of the dry season water in the Ganges and 30% of the peak flood waters.

Nepals potential for hydropower is 100 times its existing energy use. Current development of rivers are sub-optimal, focusing solely on hydro rather than also storing water in the summer to use for irrigation during the rest of the year and reduce flooding.

### **Clothing in Nepal**

From April to the end of September, it is warm in Kathmandu. In Nepal clothing for traveling purpose should be comfortable and light weight. You can also wear longer shorts provided that it is weather-friendly. In the months of October to the end of March, days

are usually warm and evenings are cool. Put on your summer clothes during the day time but in the evening and night it is advisable to carry a light jacket. Winter season starts from December to February. One must be equipped with sufficient winter wears like down jackets, sweaters, trousers etc to stay protected from the cold. In accordance to Nepali weather you can have your clothes well-packed in your luggage or you can also purchase clothes of your choice and needs from the clothing stores in Kathmandu.

### **Health Issues Regarding Altitude Sickness**

Those in good health should have no difficulty traveling to Nepal. But people with health conditions including asthma, diabetes, high blood pressure, epilepsy and cardiac problems should seek a doctor's approval before planning a trip to Nepal.

Trekking and Climbing in Nepal involves high altitude and can be strenuous. Simple headache, fever, loss of appetite or stomach disorders can happen before the acclimatization. Altitude sickness, if not treated when symptoms first appear, can lead to death. Often known as AMS or Acute Mountain Sickness, it can ruin a Treks and Climblings and should be treated very seriously.

The Himalayan Mountains begin where other mountain ranges end. As altitude increases, specially above 3,000 meters, the air becomes thinner, creating certain difficulties for the human body. Youth, strength and fitness make no difference here. The only prevention is to give ones body time to adjust to high altitude. Those who go too high too fast are liable to be victims of Acute Mountain Sickness. To minimize its threat, we recommend following these advice:

01. Drink adequate fluids. At 4,300 meters for example, the body requires 3 to 4 liters of liquid a day. At low altitudes try to drink at least 1 liter a day.
02. Accept the fact that you cannot go very high if your time is short.
03. Learn to recognize the symptoms of AMS: headache, nausea, loss of appetite, sleeplessness, fluid retention and/or swelling of the body. The cure is to climb no higher until the symptoms have disappeared.
04. Do not expect everyone in your group to acclimatize at the same rate. If you experience such discomforts, tell the accompanying Best Nepal Trekking facilitators immediately.
05. For the sake of safety, if the trek leader deems it necessary to ask a participant who is suffering from AMS to descend, he will have the authority to do so even though it may go against the will of that participant.

### **People and Religions of Nepal**

Nepalese people are mainly divided into two distinct groups, the Indo-Aryans and the Mangoloids. Since 2008AD, Nepal has been declared a secular country. The Hindu Temples and Buddhist Shrines are scattered all over the Kingdom. Nepal is the birthplace of Lord Buddha, Herald of Peace, The Light of Asia. Hindus, Buddhists, Muslims and Christians live together in harmony. And other nature worshippers, too, exist here.

Ethnic diversity and custom of Nepal make Nepal the most fascinating tourist destination in the world. Official statistics indicates that Nepali population of around 35 millions includes more than 90 ethnic groups speaking 100 different languages and dialects.

### **History of Nepal**

Nepal has witnessed many rulers and dynasties play contributing roles in moulding Nepal to present day's Modern Nepal. Karin's ruled Nepal from 9th century BC to 1st century AD Later Lichchhavis took over Karin from 3rd to 13th century and then were followed by Thakuri belonging to Malla dynasty.

Then Shah Dynasty held the reign. Prithvi Narayan Shah is solely responsible for today's modern day Nepal for he is the one who united different kingdoms into one single nation in 1769. In 1846, the Kot massacre led by Junga Bahadur Rana back seated the power of monarchy and made Rana regime more powerful. In 1950 Tribhuvan with the support from India restored monarchy.

A coalition government comprising the Nepali congress party and the Ranas was thereafter installed with the promise of free elections in 1952. In 1960, Mahindra, son of Tribhuvan tactically established Panchayat system, meaning 'five councils system,' by engineering a coup, declaring a new constitution, imprisoning all the leaders of the then government and enforcing a ban on all political activities.

People's movement of 1990 opened up a new chapter for a decade of democracy in Nepal which led to multiparty democracy with constitutional monarchy. Democracy came with heavy price leading to incompetent political leaders, political conflicts, Maoist insurgency, corruptions and downfall in national economy. Royal family massacre in 2001 left whole world in complete shock. Gynendra was crowned Nepal's king after his brother, Birendra's assassination.

With the advent of 2006 all major political parties committed to reform their past mistakes and Maoist rebels came together with the support from Nepali people and jointly went on several days strikes to restore democracy. Finally, Gynendra shah handed over the political power to Nepali people and democracy was once again restored in Nepal. Then maoists has been the biggest political party of Nepal 2008 election. Nepal recently (September 2015) declared the new constitution for the country.

### **Shopping in Nepal**

In the major cities of Nepal, like Kathmandu, Patan, Bhaktapur, Pokhara, you will find well resourced shopping malls. From clothes, shoes, accessories, sports wear, electronic goods, cosmetics, food and decoration items to kitchen wares you can purchase any goods. In Nepal shopping of both local and imported goods are possible. Most shops and clothing stores have fixed price tagged along their goods.

But in case of small shops, you can bargain the prices for purchasing goods. While shopping in Nepal it is advisable to carry Nepali currency in cash as most of the shops only accept cash. In Kathmandu, Thamel, Newroad and Durbar Marg are the most popular Shopping centers.

### **What Foods You Will Expect In Nepal**

Kathmandu is a paradise for food lovers. Besides Nepali food Nepal restaurants here serve varieties of hygienic delicacies from Indian, Chinese, Tibetan, Japanese, Italian, Australian, Russian, Korean, Mexican, Thai etc to continental at remarkably reasonable price. If you desire to lead a Nepali lifestyle during your stay in Nepal, then there are also some restaurants serving pure Nepali cuisine (Dal Bhat) which comprises of steamed rice, lentil soup and varieties of vegetable/non vegetable curries.

Thamel, the tourist hub of Kathmandu, is well known for many excellent restaurants, cafés and pubs. Pokhara also have numerous restaurants that serve every kind of delicacies complementing your taste. The foods in the mountains (trekking routes) also fresh, hygienic and delicious.

### **Travel Insurance For Traveling in Nepal**

Travel insurance is not included in the trip price. It is essential that you take out comprehensive travel insurance prior to your trek. Your travel insurance must provide cover against personal accident, medical expenses, emergency evacuation (including helicopter rescue) and personal liability. We also recommend that it cover trip cancellation and loss of luggage and personal effects.

### **Hotels in Nepal**

Nepal offers a wide range of accommodation, from 5 star luxury hotels to budget-priced guest houses. Top hotel in Nepal gives you the high quality services. Whatever your requirements are, Nepal hotels can meet them all.

Best Nepal Trekking P(LTD), is always recommend the best Hotels in Nepal for your holidays.

### **Itinerary:**

**Day 1:** Arrival in Kathmandu (1340m) and transfer to the Hotel.

Arrival at Kathmandu. Meet our company representative and transfer to the hotel which is closer to the multitude of shopping center and restaurants. (Free afternoon, wander around the city).

**Day 2:** Kathmandu to Besisahar/Chamje (1430m) 8-9 hrs driving.

Drive by private vehicles to Besisahar following the Prithvi Highway towards west until Dumre and then it turns northern direction following wild hairpin bends to reach Besisahar. After Besisahar drive by local Jeep to Chamje. Overnight in lodge/Guesthouse.

**Day 3:** Chamje to Dharapani (1960m) 5-6 hrs walking

The trail goes around the mountain and descent to the suspension bridge over Marsyangdi River on the left bank, then begin climb to Sattare on a steep path. The path passing by several houses continues an up and down mountain trail, and when a tributary flows in from the opposite bank, the main stream covered with huge boulders that hide the water. Climb the zigzag path to the top where you can see the Tal village with many teahouses. Stop there for lunch and then continue walk to riverbed and arrive at Dharapani. Overnight in Guest House.

**Day 4:** Dharapani to Chame (2670m) 6 hrs walking.

The trail now leads to gently climbing through Bagarchhap and Danaque villages. After crossing the river it gets steep climb to Timang village; from where we can see the Manaslu mountain ranges to the eastern valley above. Then the trail is normally flat to Chame where the view of splendid backdrop of Annapurna II appearing occasionally. Chame is the big town which is the center of the Manang district with many government offices, Shopping centers and restaurants. Over night in Lodge/Guesthouse.

**Day 5:** Chame to Pisang (3185m) 4-5 hrs walking.

Walking by the side of river through pine forests about 2 hours cross the suspension bridge and climb up to Dukrupokhari, stop there for lunch. The Manang valley getting wider and the path is flat to Pisang. Overnight in Lodge.

**Day 6:** Pisang to Manang (3540m) 5-6 hrs walking

After walking one and half hour through trails and broad forested valley floor we reach at Humde village a small airstrip and a village of about 100 houses. Crossing the wooden bridge over Marsyangdi river, continue to Braga village; Tibetan style picturesque Braga

village at the foot of the hill, stop here for lunch and visit the very old monastery. Walk another hour to reach Manang. Overnight in Lodge.

**Day 7:** Rest day in Manang for acclimatization.

A necessary day to rest for acclimatization. Explore Manang, the village of about 500 flat roofed houses. Short hike to the Monastery below the mountain or hike up to Gangapurna Glacier lake. Annapurna II, Annapurna III, Tilicho peak, Gangapurna and Chulu East to the north can be well viewed from here.

**Day 8:** Manang to Yak kharka (3980m) 4-5 hrs walking.

Pass through Manang and climb to the next village Tenki Manang. The trail gradually climbs up to Gunsang with few teahouses. Then trail goes in level crossing a suspension bridge and close view of the Chulu peak on the northern side. Continue walk to Yak Kharka and stay overnight at lodge.

**Day 9:** Yak kharka to Thorong Base Camp (4540m) 4-5 hrs walking.

Today we climb into quiet distinct alpine areas. Crossing the Jarsang Khola we climb to a small grassy valley and level trail passing a landslide area. Overnight in Guesthouse at Thorong Phedi.

**Day 10:** Thorong phedi to Muktinath (3780m) over the Thorong La pass (5416m) 7-8 hrs walking.

This is the day when you will cross the most difficult part of this route. There is possibility of strong wind at the pass so we start to climb very early in the morning passing the moraines slowly reach the top of Thorong Pass (5416m) and enjoy some absolutely stunning high Himalayan scenery both side of the valley. There are hanging Prayer flags at the pass and also a small teashop for hot tea or Coffee. Soon as we reach the pass we descend to the western valley enjoying the view of the Mukut Himal and Mustang Himal to the west. We descend more than 1600m and reach at Muktinath village. Overnight in Lodge.

**Day 11:** Muktinath to Jomsom (2740m) 5-6 hrs walking.

In the morning we can visit the monasteries at the Muktinath. Muktinath is one of the most important Pilgrimage sight for both Hindu and Buddhist religion and monasteries from two denominations exists peacefully side by side. Miraculously a fire burns in water, rock and soil under the monastery which is staffed by nuns. After breakfast proceed to Kagbeni, stop there for lunch and continue trek to Jomsom. Overnight in Lodge.

**Day 12:** Jomsom to Pokhara (850m) by flight.

Early morning fly back to Pokhara and transfer to the hotel near the lakeside. Afternoon free time and wander around the city. Overnight in Lodge.

**Day 13:** Pokhara to Kathmandu (1340m) 25 minutes flight.

After breakfast drive to Pokhara airport and fly back to Kathmandu which takes 25 minutes and transfer to the Hotel. Free day in Kathmandu.

**Day 14:** Departure back to home.

Today is the last day of your trip in Himalaya, as we will transfer you to the international airport. We trust that you will cherish this inspiring experience and the deep, newly formed friendships in the years to come.

**Cost Include:**

- Airport transfer to from by private vehicles.
- Three nights accommodation on 3 star hotel in Kathmandu & Pokhara (Twin Sharing basis) with breakfast and govt. taxes.
- Airfare of Jomsom/Pokhara/Kathmandu by scheduled flights with airport taxes and surcharges.
- Sightseeing in Pokhara includes entrance fee to the sites, private transportation.
- Best available accommodation, all meals full board (Breakfast, Lunch, Dinner and hot drinks as per the choice from restaurant menu during the trek).
- ACAP permit fee and TIMS cards arrangement.
- Service of expert local Sherpa Guide and capable porters during the trek and their wages, food, insurance and lodging.
- Transportation cost for Guide and porters.
- Agency service charges and government applicable fees.
- Transportation charge of Kathmandu-Besisahar-Chamje by private vehicle.
- Duffle bags

**Cost exclude:**

- All meals (Lunch/Dinner) during staying in Kathmandu & Pokhara.
- Air travels to and from Nepal and visa fee US\$25.00 per person.
- All personal expenses, travel insurance, rescue charge in emergency.
- Extra cost due to flight cancellation/road blockades.
- Purchases of bottled water, canned drinks, gifts and alcohols.
- All personal clothing and equipments including sleeping bag.
- Tips for trekking staffs.

**Other Features:**

- Max. Altitude: 5416m (Thorong La Pass)
- Trek starting point: Chamje
- Trek ending point: Jomsom
- Transportation: Private vehicles and flights
- Accommodation: Hotels and Lodges
- Meals: All meals during the trek