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Around Annapurna Trek

The Round Annapurna Trek is a memorable hike that encircles the Annapurna Massif, flaunting some of the most mesmerizing scenery on our planet. This region has fascinated travelers and adventures throughout the decades since it was opened for global travelers in 1980s. There is a lot to discover for people with a curiosity for nature and culture in this trekking route. Travelers get to hike the diverse altitude variations that are hard to see anywhere else in the world. You get to witness the difference in culture and lifestyle of the people with varying altitude. The first climbed peak above 8000m, Annapurna I which also happens to be the 10th highest mountain in the world lies in this region and is the most well-known attribute for the trek with many other highlights along the route. Adventure Ascent offers a 12 day package for people desiring to go on a round Annapurna trek. We are flexible to elongate the tour by taking the traditional 21 day itinerary as per your demand.

Price:

Trip Start:

Trip Ends:

Duration: 12 days

Grade:

Altitude: 4516m

Destination:

Trip Style:

Transport:

Group Size:

Best Time:

Itinerary

Day	Title	Description
1	Arrival in Kathmandu	After landing at the Tribhuvan International Airport, Adventure Ascent representative will be there to greet you and take you to the hotel. We will then check-in at the hotel, freshen up and take a rest. Welcome dinner will be hosted in the evening. Overnight in Kathmandu.
2	Kathmandu: Sightseeing and Trek Preparation	After introduction with the city tour guide at the hotel you will begin your tour to Pashupatinath temple, Swayambhunath stupa and Bouddhanath stupa, which are all world heritage sites. Pashupatinath temple is one of the most important places of pilgrimage for all Hindus. Swayambhunath is also known as the Monkey Temple and Boudhanath Stupa is one of the largest stupas in the world. After the tour you will meet with your trekking guide, briefing about the trek and checking your trek gears will be done afterwards. Overnight in Kathmandu.
3	Drive to Chame (2670m)	We take a long drive to Chame early in the morning. We get to observe the countryside of Nepal along the way. We enjoy the view of green hills, terraced farms, rivers and the great Himalayas on our long drive. We stay Overnight in Chame.
4	Trek to Pisang (3,300m): 5 – 6 hours	Walking through a steep and narrow valley we get to have our first sight of Paungda Danda rock face, a dramatic curved rock face rising 1500m from the river. From here, we also gain excellent views of Annapurna 2 to the south and Pisang Peak to the north east. Next, we walk downwards to the Manang Valley floor adoring the landscape. Overnight in Pisang.

5	Trek to Manang (3,500m): 6 – 7 hours	From Pisang we have two routes that lead to Manang village.. We choose the one with passes through Upper Pisang via Geru as it guarantees outstanding views of Mt. Annapurna, Pisang Peak, and others. As we walk near Manang the climate becomes more cold and dry. However, a short visit to Barge Monastery, the biggest monastery in the Manang District should cheer us up. Overnight at Manang.
6	Another day in Manang	In order to acclimatize we stay another day in Manang. To stay fit and keep the pace, we go on a short hike to either BhojoGumba or Gangapurna Lake. If we have enough time and energy, we can even hike to Braga Village where we can visit the Himalayan Rescue Association which will give us some idea about Acute Mountain Sickness (AMS). Overnight in Manang.
7	Trek to Thorang Phedi: (4420m): 3-4 hours	From Manang village, the trail leads us through a stream, climbs to a village of Tenki above Manang, and then continues to climb out of the Marshyangdi Valley turning northwest up the valley of JarsangKhola. The trail follows this valley northward, passing a few pastures, a scrub of juniper trees, as it steadily gains elevation. The trail further passes near the small village of Ghunsa, a cluster of flat mud roofs just below the trailhead. Now the trail goes through meadows where horses and yaks graze. After crossing a small river on a wooden bridge, the trail passes an ancient old Mani wall in a pleasant meadow and then reaches another small village of Yak Kharka. Overnight in Yak Kharka.
8	Trek to Thorang Phedi: (4420m): 3-4 hours	It is an uphill hike to ThorangPhedi. We cross a suspension bridge after walking sometime and then reach Ledar village. We ascend furthermore and pass through towering cliffs before reaching ThorangPhedi, the last village before Thorong La. On this trip we are rewarded with one of the best views of Mt. Gundang, Mt. Syagang, Thorung Peak and Mt. Khatungkan. Overnight in ThorangPhedi.
9	Trek to Thorong La (5416m) to Muktinath (3,800) then drive to Jomsom: 7 – 8 hours trek, 1 hour drive	Today we start quite early in the morning to crossThorong La pass, one of the highest passes in the world. We will be crossing the pass through the easiest and safest direction which is from east to west (Manang to Muktinath). When we finally make it to the top, we realize that our journey was worth it. We can take a few photos before heading to Muktinath Valley at the foot of the Thorong La pass. Next, drive to Jomsom a Himalayan village famous for its delicious apples. Overnight in Jomsom.

10	Fly from Jomsom to Pokhara: 25 minutes	Today we fly to Pokhara, the lake city in the earliest flight possible. After checking-in at our hotel, we have the choice to take a rest or visit the Lakeside area in the vicinity of the Fewa Lake. Here, we can indulge in buying some souvenirs or sampling some local delicacies. Overnight in Pokhara.
11	Drive from Pokhara to Kathmandu: 5-6 hours	After breakfast, we say goodbye to the beautiful lake city of Pokhara and drive towards Kathmandu. After reaching Kathmandu we have the rest of the day off. You can roam around the city to do some shopping. There will also be a farewell dinner hosted by Adventure Ascent in the evening to celebrate the successful completion of our journey.
12	Final departure	Our adventure in Nepal ends today. Adventure Ascent representative will drop you off at the Tribhuwan International Airport, few hours before the scheduled flight for final departure towards your sweet home.

Includes

Airport Pick up and transfers to hotel.

All accommodation as BB in 4/5 star hotel. Depending on choices

Welcome & farewell dinner,

Experience professional guide for tour, trekking.

Full insurance, transportation & salary for staff during the trip.

Full board meals on trekking breakfast lunch & dinner.

Properly tea and coffee whatever hot drink available during the trekking.

Transportation from the starting and ending points of the trekking.

All domestic flight tickets

First Aid Kit for staff.

Oxygen gas in case (extra safety)

National park, conservation entry fee and TIM’s card or trekking permit whatever needed.

All entrance fees during the sightseeing.

Sleeping bag.

Trekking stick.

Duffel bags (for trekking Luggage).

Excludes

Lunch and dinner in Kathmandu

All hard drinks such as : Mineral water, whisky, rum, cola, fanta, etc.

Any extra cost offering from unfavorable circumstance such as weather bad.

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Personal equipment.

Personal equipment.

Tips for trekking staff.