



Annapurna Circuit Trek

Overview

Embark on a journey with Gele Trekking to explore the mesmerising Annapurna Circuit. Starting with a meeting in Kathmandu, where we'll gather important trek information and enjoy our first group dinner. Then, our adventure truly begins as we travel from Kathmandu to Jagat, followed by a trek to Dharapani, where we'll experience stunning natural beauty and unique landscapes. Our trek continues through picturesque villages like Chame and Pisang, offering captivating views of the Annapurna range and local culture. Along the way, we'll rest and acclimatise in Manang Valley before reaching Thorong-Phedi and Muktinath, where we'll ascend to Thorong La Pass for breathtaking panoramic views. Then, we'll journey to Tatopani for a relaxing soak in the hot springs before heading to Ghorepani, known for its challenging yet rewarding climb. Finally, our adventure concludes in Pokhara, where we'll reflect on our journey before heading back to Kathmandu.

Highlights

- Dive deep into Nepalese culture by interacting with locals in traditional villages and savouring authentic cuisine at countryside cultural hotels.
- Feel the rush of adrenaline as you conquer the rapids of Annapurna's pristine rivers during an exhilarating white-water rafting expedition.
- Marvel at the breathtaking patchwork of terraced fields cultivated on steep hillsides, showcasing the resilience and ingenuity of Nepali farmers.
- **Total 14 nights and 15 days package**

Entire trip price

Total trip cost: Pounds £1399 and USA dollars \$1799

Cost includes:

- One professional guide
- One dedicated porter
- Bed and breakfast, trekking transports and related trekking permits
- Welcome and every morning wake-up tea.

Does not include:

1. Lunch, dinner and any drinks are self-paid and optional activities
2. International flight
3. Trekking Insurance covers above 5000 mts to 5500 mts

Trek Itinerary

Day 1: Kathmandu - Our initial meeting is scheduled for the evening at 5 pm at Hotel Holy Himalaya Thamel Kathmandu Nepal. This is where the group will gather for a pre-trek briefing, during which important information about the trek and upcoming highlights will be covered. Additionally, the leader will arrange the first group dinner after everyone joins.

A: Include a room share and breakfast (require separate room to pay extra).

B: Elevation 1250 metres (4,101ft)

Day 2: Jagati- We will travel from Kathmandu to Besisahar by bus, following the Prithvi Rajmarg route. Upon reaching Besisahar, we will hire a local Jeep to reach Jagat—the bumpy road alongside the Marshyangdi River from the Thorong-La glacier.

A: Travel by bus 6 hrs and jeep 2 hrs.

B: Includes teahouse room and breakfast.

C: Elevations 1,300 metres(4,265ft)

D: Cover of the day 147.8 miles(238 km)

Day 3: Dharapani- After breakfast, we follow the Marshyangdi River valley where we will cross suspension bridges. This day promises stunning natural beauty, waterfalls and animals crossing from one side to another while walking on the jeep road.

A: Trek for 7 to 8 hours.

B. Includes teahouse room and breakfast.

C: Elevation 1,890 metres(6,200)

D: Ascent 980 metres(3,215 ft).

E: Cover of the day 11 miles(17 km)

Day 4: Chame- After breakfast we will walk through villages, occasionally crossing roads, offering even more scenic views. On the way, we'll catch glimpses of Mount Manaslu and then continue to the day's destination.

A: Trek for 7 to 8 hours.

B: Includes teahouse room and breakfast.

C: Elevation 2,700 metres(8,860 ft)

D: ascent 1,310 metres(4,298 ft).

E: Cover of the day 11 miles(17 km)

Day 5: Pisang - This day unfolds with captivating views emerging from the Annapurna range beside Mt. Chulu-East and Chulu-West. We traverse through pine forests, and apple gardens to the destination.

A: Trek for 7 to 8 hours.

B: Includes teahouse room and breakfast.

C: Elevation 3,300 metres(10,825ft).

D: Ascent 1,000 metres(3,366ft).

E: Cover of the day 9 miles(15km)

Day 6: Manang Valley - The day begins with pleasant morning sunshine and a splendid view of the surrounding mountains and picturesque villages embodying Tibetan culture. We are en route to the capital of the Monang Valley.

- A: Trek for 7 to 8 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 3,650 metres(11,975 ft)
- D: Ascent 670 metres(2,198 ft).
- E: Cover of the day 7 miles(11 km)

Day 7: Manang - Acclimatization Day: We will dedicate half of the day to resting and walking to acclimatise our bodies. Trekkers will explore the mountain glacier and lake, situated near the prominent landmark teahouses. The rest of the day is reserved for relaxation.

- A: Trek for 2 to 3 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 3,560 metres (11,975 ft) walk up to 4000 metres (13,125 ft)
- D: Ascent 350 metres(1,525 ft).
- E: Cover of the day 3.5 miles(about 6 km).

Day 8: Yak Kharka- After breakfast we will trek to the upper regions of Annapurna and Monang, reaching the highland yak pasture. We will be arriving earlier in the day. Afterwards, we will have the option to embark on a short hike nearby.

- A: Trek for 4 to 5 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 4,000 metres(13,125 ft)
- D: ascent 350 metres(1,525 ft).
- E: Cover of the day 8 miles(13 km)

Day 9: Thorong-Phedi- The day commences after breakfast, with the onset of altitude considerations necessitating adherence to your leader's instructions. A brief hike in the vicinity is undertaken. Under your leader's guidance, the rest of the day is dedicated to preparations for upcoming challenges.

- A: Trek for 4 to 5 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 4,420 metres(14,500 ft).
- D: Ascent 420 metres(1,377 ft).
- E: Cover of the day 8 miles(13 km)

Day 10: Muktinath- This day starts early in the morning, at a time specified by your leader, with emphasis on the importance of using warm equipment and teamwork to achieve our objective. We will ascend to Thorong La Pass, where we'll be rewarded with panoramic views of the entire Mustang Valley and Mt. Dhaulagiri in the distance, immersing ourselves in a unique and captivating environment followed by a long descent.

- A: Trek 8 to 9 hours.

- B: Includes teahouse room and breakfast.
- C: Elevation 3,800 metres
- D: Ascent 5,416 mts(17,769 ft) descent 1,616 mts (5,302 ft).
- E: Cover of the day 10 miles(16.5 km).

Day 11: Tatopani (Hot Spring)- After breakfast, we will take a four-wheel local Jeep and drive through dusty and off-road terrain to reach Tatopani (hot spring). The journey takes us along the old Annapurna trekking trail, now intersected by a newly constructed road.

- A: Local jeep drives for 4 to 5 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 1,250 metres(4,100 ft)
- D: Descent 2,750 metres(9,022 ft).
- E: Cover of the day 51.7 miles(83.5 km).

Day 12: Ghorepani - (*Gele's favourite part of the trekking region*) The day begins after the morning breakfast. It's a big day-long climb. The journey entails walking along the road, with a full day dedicated to ascending to the destination.

- A: Trek 8 to 9 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 2,860 metres(9,383 ft).
- D: Ascent 1,610 metres(5,283 ft).
- E: Cover of the day 11 miles(17.5 km).

Day 13: Hille- Early in the morning before breakfast, we will ascend to Poon Hill to witness the sunrise illuminating the entire mountain range. After enjoying the spectacular view we will return to the hotel for breakfast and subsequently embark on a full-day trek downhill, through the jungle and villages.

- A: Trek for 7 to 8 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 1,430 metres(4,691ft).
- D: Descent 1,430 metres(4,691ft)
- E: Cover of the day 9 miles(14.5 km)

Day 14: Pokhara- The day begins in the late morning with a short trek to Nayapul where we will board a bus to Pokhara. We will arrive in the afternoon and have shopping time for all the groups, with a scheduled dinner meeting time as set by the leader.

- A: Trek for 2 hours and drive 1.30 hours together 3 hours and 30 minutes
- B: Include a room share and breakfast (require separate room to pay extra).
- C: Elevation 850 metres(2,850ft)
- D: Descent 580 metres(1,990 ft)
- E: Cover of the day [walk 4.5 miles(7 km) and drive 25.5 miles (40.7 km)]

Day 15: Kathmandu - The day begins with a chill morning. Soon, the leader will find the exact time to leave the hotel for the airport. At midday, we'll have a flight from Pokhara to Kathmandu.

A: Flight time 30 to 35 minutes.

B: Include a room share and breakfast (require separate room to pay extra).

C: Elevation 1,250 metres (4,101ft)

D: Cover 90.9 miles (146 km)

Day 16: End of the trip- After a final breakfast the trip ends at noon.

The entire trip covers the following distances and durations:

- Flight and Travel: 315.9 miles (508.3 km)
- Physical walk and Hike: 83.8 miles (134.8 km)
- Total Hours Covered: 82 hours and 5 minutes



Trip information and preparation

At Gele Trekking, we encourage our guests to be as well-prepared in advance so they can enjoy their treks to their fullest. Over the years we have come up with a simple suggestion that helps our guests be prepared. We recommend you practise walking around areas with small hills three months before your trek. If you don't have hilly terrain near you, do not worry! It is most important you get out walking some distance along with your other daily exercise routines every day before your trek so you are fit and healthy.

Also please know during trekking, there might be natural obstructions such as changing weather conditions including, snow events and other uncontrollable events such as domestic flight changes such as those to and from Lukla and Pokhara. In these scenarios, your group leader at Gele Trekking will adjust your itinerary as needed for your safety and to allow for the best experience possible.

Communication and Accommodation Facilities

Gele Trekking wishes to ensure that our guests are well-informed about accommodation facilities, including the Himalaya Tea House rooms that share toilets, showers, and communication options. The rooms typically consist of twin bedrooms, with the possibility of sharing a dormitory and communal toilets located outside the building. Showers may be available with gas or electric heating and bucket showers, although washing basins may not be universally provided or available.

For instance, during the Annapurna Base Camp trek, accommodations often require sharing rooms with others due to limited teahouses and room availability. Occasionally, adjustments may be necessary, particularly during peak seasons. While Gele Trekking typically arranges bookings for our groups, there are instances where this may not be feasible.

Rest assured, our trip leaders are well-versed in handling such situations and have the authority to make the necessary adjustments.

Food and Drink Options

Gele Trekking takes pride in introducing the region's food and drinks to our guests during their treks. We offer Himalayan organic food, with most dishes incorporating *noodles, rice, potatoes, and Yak Cheese*. Fresh vegetables such as *spinach, cabbage, carrots, cauliflower, spring onions and seasonal vegetables* are also available. While there is a limited selection of foreign food, we also offer some *cereals*. Our hot drink options include *hot chocolate, instant coffee, simple Nepali tea, and powdered milk*. Regarding cold drinks, we offer *mineral water, Coke, Fanta, Sprite, Pepsi, and some local products*.

Regarding alcohol, we offer local beers such as the popular *Everest beer*, and other beer options such as *whisky, and brandy*. Some locations may have small bars and offer wines, but it's important to note that ***alcohol consumption is subject to altitude limits***. Our trip leaders are well-versed in dealing with various issues, including altitude-related concerns, and have the authority to make necessary changes as needed.

Extra trip budget

During your trek, we recommend you budget approximately £35 to £40 (\$45 to \$50) per day for lunch, dinner, and any drinks. We also recommend that your overall daily budget includes a bit more to cover any additional miscellaneous expenses.

Total approximate in pounds: £520

Total approximate in dollars: \$650



Traditional Load-Carrying in Nepal

Gele Trekking is committed to bringing attention to the potential brain damage being caused everyday to countless Nepalese by the common practice of carrying heavy loads on their heads, known as 'head carrying'. Gele trekking has pledged to make this a top focus for their treks and to actively seek solutions, including having one sherpa accompany each guest and to supporting further research on this critical health concern. By choosing Gele Trekking, our guests are providing support from around the world to help protect and nurture the minds of Nepalese in Nepal.

