



# Annapurna Circuit Trek

## Overview

The Annapurna Circuit Trek is a mesmerizing journey that weaves through diverse landscapes, from lush subtropical forests to waterless high-altitude deserts. Towering peaks, including Annapurna and Dhaulagiri, dominate the skyline, offering magnificent panoramas at every turn. The trek's cultural richness is equally captivating, as travellers encounter warm hospitality in traditional Gurung, Thakali,

and Manang villages. Crossing the Thorong La Pass, at 5,416 meters, is an exciting highlight that rewards adventurers with supreme panoramic views. Natural hot springs in Tatopani provide a relaxing relief after days of trekking.

The trail passes through the Kali Gandaki Gorge, the deepest in the world, adding a sense of grandeur. Rhododendron forests bloom vibrantly in spring, painting the landscape with shades of pink and red.

The ancient monasteries and prayer flags fluttering in the wind create a spiritual ambience. The diversity of flora and fauna is remarkable, with sightings of yaks, blue sheep, and rare birds. Each step offers a harmonious blend of natural beauty and cultural immersion. The Annapurna Circuit is truly a life-changing experience for those seeking adventure and tranquillity.

## Highlights

- Stunning Views of Annapurna and Dhaulagiri Ranges
- Thorong La Pass – One of the World's Highest Passes
- Traditional Tibetan Influence in Local Communities
- Diverse Landscapes – From Subtropical Forests to Alpine Deserts
- Kali Gandaki Gorge – World's Deepest Gorge
- Natural Hot Springs at Tatopani
- Rhododendron Forests and Unique Flora & Fauna
- **Total 14 nights and 15 days package**

## **Entire trip price**

**Total trip cost: Pounds £1230 or USA dollars \$1549**

### **Cost includes:**

- One professional guide
- One dedicated porter
- Bed, breakfast and morning wake-up tea
- Related trekking permits
- Arrival, departure and related trekking transportation

### **Does not include:**

1. Lunch, dinner and any drinks are self-paid
2. International flights
3. Trekking Insurance covers above 5,000 metres to 5,500 metres

## **Trek Itinerary**

**Day 1: Kathmandu** - Gele Trekking ensures a smooth start to your adventure. We'll pick you up from the airport and take you to your hotel—simply share your flight details if required. Check-in will be at the hotel lobby, either individually or as a group. Updates will be posted on a notice board, and at 5 PM, you'll meet your group leader for a pre-trek briefing covering trip details and preparations. An optional group dinner will also be organized for the evening.

A: Includes a room share and breakfast (pay extra for a separate room)

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

**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 hours and jeep 2 hours

B: Includes teahouse room and breakfast

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

D: Distance covered 238 km (147.8 miles)

**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 ft)
- D: Ascent 980 metres (3,215 ft)
- E: Distance covered 17 km (11 miles)

**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 Mt. 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: Distance covered 17 km (11 miles)

**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 (10,825 ft)
- D: Ascent 1,000 metres (3,366 ft)
- E: Distance covered 15 km (9 miles)

**Day 6: Manang Valley**—The day begins with pleasant morning sunshine and a splendid view of the surrounding mountains and picturesque villages, which embody 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: Distance covered 11 km (7 miles)

**Day 7: Manang - Acclimatisation 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 4,000 metres (13,125 ft)

D: Ascent 350 metres (1,525 ft)

E: Distance covered 6 km (3.5 miles)

**Day 8: Yak Kharka** - After breakfast we will trek to the upper regions of Annapurna and Monang, reaching the highland yak pastures. 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: Distance covered 13 km (8 miles)

**Day 9: Thorong-Phedhi** - 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: Distance covered 13 km (8 miles)

**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 (12,467 ft)

D: Ascent 5,416 metres (17,769 ft) descent 1,616 metres (5,302 ft)

E: Distance covered 16.5 km (10 miles)

**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: Distance covered 83.5 km (51.7 miles)

**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: Distance covered 17.5 km (11 miles)

**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 (4,691 ft)
- D: Descent 1,430 metres (4,691 ft)
- E: Distance covered 14.5 km (9 miles)

**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 group, with a scheduled dinner meeting time as set by the leader.

- A: Trek for 2 hours and drive 1 hour 30 minutes - total 3 hours and 30 minutes
- B: Include a room share and breakfast (pay extra for a separate room)
- C: Elevation 850 metres (2,850 ft)
- D: Descent 580 metres (1,990 ft)
- E: Distance covered trek 7 km (4.5 miles) and drive 40.7 km (25.5 miles)

**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 (pay extra for a separate room)
- C: Elevation 1,250 metres (4,101 ft)
- D: Distance covered 146 km (90.9 miles)

**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: 508.3 km (315.9 miles)
- Physical walk and hike: 134.8 km (83.8 miles)
- Total hours covered: 82 hours and 5 minutes

## **Trip information and preparation**

At Gele Trekking, we believe preparation is key to a safe, rewarding, and enjoyable trek. Share your itinerary, trekking route, and emergency contacts with family or friends before departing. While your group leader will carry emergency communication tools, having personal contact information is always helpful. Inform your bank about your travel plans to ensure ATM functionality in Nepal.

If you have pre-existing health conditions, consult your doctor beforehand and share relevant details with your guide for added precautions. Be ready for unpredictable weather and remain flexible, as conditions in remote areas may lead to changes or delays. Your safety and satisfaction are our top priorities.

Supporting local communities is integral to trekking with Gele Trekking. By purchasing locally made goods and showing respect for the places you visit, you contribute directly to sustaining the local economy while fostering meaningful connections along the journey.

## **Communication and Accommodation Facilities**

At Gele Trekking, we prioritize your comfort and safety, ensuring a seamless trekking experience. All accommodations along the route, including the first and last nights, are pre-booked. While most rooms are twin-sharing, adjustments may be necessary in remote areas and will be handled with care and flexibility. Toilets and showers may vary in quality, with some offering excellent facilities and others being more basic. Bringing your toiletries and checking the equipment list is highly recommended to stay prepared.

Communication during the trek can be challenging, with limited or no phone reception and internet access in remote areas. Some teahouses may provide Wi-Fi, but it's often slow, unreliable, and comes at an additional cost. In emergencies, your guide will assist with communication, including access to satellite phones if needed. Our experienced team is dedicated to managing any challenges and ensuring your safety, comfort, and enjoyment every step of the way.

At the moment Gele Trekking holds the booking in the Hotel Holy Himalaya, Bharna Kumari Marga, Thamel Kathmandu Nepal. It is located inside the tourist hub in Thamel.

## **Food and Drink Options**

At Gele Trekking, we proudly introduce our guests to the rich, healthy flavours of the Himalayan region. Our meals feature organic, locally sourced ingredients such as rice, noodles, potatoes, and the renowned Yak cheese. Fresh seasonal vegetables like spinach, cabbage, carrots, and spring onions add vibrant nutrition to every dish. Though simple, our food is crafted to fuel your trek with essential energy and flavour.

Beyond traditional dishes, we offer select foreign items, such as cereals, for variety. To keep you warm and energized, enjoy hot drinks like Nepali tea, hot chocolate, or instant coffee.

For cold refreshments, we provide mineral water, soft drinks, and local beverages. Alcohol options include local brews like Everest beer, spirits, and wine in some areas. However, our experienced trip leaders carefully monitor altitude safety, ensuring your health is prioritized. Every bite and sip on your journey reflects the care and hospitality of the Himalayas, offering nourishment and comfort as you explore these grand landscapes.

## **Prices vary depending on the elevation**

Low-elevation hot drinks are priced at around \$5 to \$6 per cup in the USA. Cold drinks, such as mineral water and fizzy drinks, cost approximately \$4 to \$6. A single lunch is about \$10, while dinner costs around \$15 in the USA.

Hot drinks at higher elevations cost around \$7 to \$9 per cup in the USA. Cold drinks, such as mineral water and fizzy drinks, cost approximately \$5 to \$7. A meal, such as lunch, is about \$13, while dinner is around \$17 in the USA.

## **Tips guideline**

Tipping is not mandatory, but it is a meaningful way to express gratitude for the services provided, in line with trekking traditions. It typically occurs on the final night of the trek, often accompanied by a celebration with the team. During this time, the support team shares their joy and emotions. The leader will guide the group in collecting the tips, which are then distributed by one of the group members to the team. The recommended tip for each Sherpa is \$ 70 to \$ 80, or an amount of your choice, excluding the trip leader. For the trip leader, depending on the group size, the suggested amount is \$ 35 to \$ 40 per person, or as you see fit.

### **Traditional Load-Carrying in Nepal**

Gele Trekking is committed to bringing attention to the potential brain damage being caused every day 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.

