



## **Annapurna Circuit Trekking - Itinerary**

### **1. Arrive in Kathmandu and transfer to hotel**

Welcome to Kathmandu, our Sunrise Adventure Trek airport representative will welcome you in the airport then transfer to hotel and will give short brief relating further details of the program. Overnight stay in hotel.

### **2. Sightseeing & Preparation**

In the morning, a short briefing on trek and its preparations and in the afternoon you will be doing sightseeing to Swayambhunath Stupa, Kathmandu Durbar Square and Pashupatinath Temple. All of them reflect the legendary histories of ancient emperors. You can get to observe beautiful structures; statues and arts galleries built in ancient Nepal. Overnight stay in hotel.

### **3. Drive to Besisahar and trek to Khudi (820m)**

Today, our journey will be 6 hours of drive to Besisahar from Kathmandu. And along the way you will be seeing giant White Mountains, rivers, green sceneries and stunning landscapes. Afterwards we will be trekking around an hour to reach Khudi. Khudi offers the first glimpses of Manaslu Range with local surroundings of people. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge

### **4. Trek to Bahundanda (7 hours)**

We start the day by trekking to Bahundanda. And along the way we have to pass the typical local houses and diverse cultural and ethnic tribes while exchanging greetings (Namaste). Our route passes through subtropical forest and rice terraces of Sera. Then comes the 60m waterfall after passing Bhulbule and slowly we will be arriving to Ngadi Khola (river), which we will be crossing by suspension bridge. And finally route takes us gently upward to Bahundanda, an attractive village in the saddle of a long ridge at 1300m. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **5. Baundanda to Chamje (1410m) 5-6 hrs**

After breakfast, we trek through steep trails reaching village of Syange. And after crossing several suspension bridges comes Chanje en-route Jagat. During the trail we pass through the amazing settlements of rural people. This offers a chance to observe the daily living style of typical Nepalese people. From different ethnic communities. Overnight stay in Chamje. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **6. Chamje to Bagarchhap (2160m) 5 hrs**

Through the steep uphill course of Marshyangdi River, we reach to the first village of Manang, Tal (1675m). And then the wide and flat valley with ups and downs leads us to Dharapani (1890m) from where further trail leads us to the Bagarchhap welcomed by the stoned entrance. Bagarchhap is a typical Tibet influenced village

with apples and maize fields. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **7. Bagarchhap to Chame (2630m) 5 hrs**

Climbing to Tyanja (2360m) and through the forest and river leading to Kopar and a little bit closer to reaching Chame, headquarter of Manang District. From here we can see great views of Annapurna II and come across two small hot springs. And you are sure to encounter a local community who are believed to be migrated from Tibet in the past. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **8. Trek to Pisang (3,240m)**

After the stay in Chame we pace forward crossing some narrow paths and dense forest. Right after the hours of walk, the steep and big rock (1500m.), Paungda Danda can be seen. Crossing this rock can be an adventure before we reach to the accommodating area in lower Pisang. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **9. Trek to Manang (3,540m)**

The Moments passing through Geru is excellent that offers us stunning landscapes and magnificent view of Mt. Annapurna and Pisang. Today we will be going to Barge monastery, also the biggest monastery of whole Manang. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **10. A day to rest and acclimatize in Manang**

To stay fit for further journey and atmospheric adaptation we take a day off here in Manang for acclimatization. For the whole day we will be doing some walk around the village viewing beautiful mountain scenery. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **11. Trek to Yak Kharka (4,018m)**

Continuing the trek, the altitude rises as we trek slowly toward Yak Kharka. You can enjoy gorgeous views of Annapurna Range during the hike and from the tea house at Yak Kharka. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **12. Trek to Phedi (4,450m)**

This day we trek to the foot of Thorang La & we will have to climb uphill, cross a suspension bridge and ascend down a towering cliff. During the trek we are rewarded with the wonderful view of Mt. Gunday, Mt. Syangang, Thorung Peak & Mt. Khatungkang. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **13. Trek to Muktinath (3,800m)**

From Thorang Phedi, we finally will be heading to the world's highest pass, Thorang La Pass (5416m). From this elevated venue you are guaranteed to witness some magnificent views of Dhaulagiri ranges. And then trail ascends towards Chabarbu making our way to Muktinath in the evening. Muktinath is famous for shrines worshipped both by Hindus and Buddhists. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **14. Rest Day at Muktinath (3800m)**

Enjoy the rest day and you can explore the Muktinath village. Muktinath is pretty popular among travelers possessing the famous temple Muktinath, scenes and several monasteries. Both the Hindus as well as Buddhists come here to this pilgrimage site which has 108 waterspouts and famous eternal flame. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **15. Trek to Kalopani (2,010m)**

Kalopani will be our destination. Along the way you are sure to be surrounded by Himalaya views and the place is mostly dry with villages of Thakali people. Panoramic views of Dhaulagiri, Tukucho, Nilgiri, Fang and Annapurna I are likely to impress you and you can see beautiful apple gardens too. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **16. Trek to Tatopani (1,190m) 6-7 hrs**

Most of today's journey is downhill. We cross the bridge at Ghasa and enter subtropical forest as we drop to lower elevation. Then through the Rupse Chahara (waterfall) we ascend from the bank of Garpar to a bridge at Dana. Before reaching Tatopani we can observe everyday life of local people as the villages are bigger and upon reaching Tatopani you can relax or take bath in hot spring. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **17. Trek to Ghorepani (2,750m)**

Leaving behind Kali Gandaki, we head up to Ghar Khola valley from where the trail continues through terrace farmland with mountains surrounding us. Then passing the villages of Shikha and Chitre we reach beautiful rhododendron forest. Trekking further we reach Ghorepani which is a beautiful village located right at a top of ridge. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **18. Morning hike to Poon Hill (3,210m) and trek to Tadapani (1,460m)**

To catch beautiful sunrise view in the morning we hike early to viewpoint of Poon Hill (3,210m/10,529ft.). It is also famous for viewing more than 20 highest mountains alongside the close up views of Annapurna and Dhaulagiri ranges. Then we return back to Ghorepani for our trek to Tadapani for overnight. We reach Tadapani through rhododendron forest then pass by spectacular waterfalls. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **19. Tadapani to Pokhara via Ghandruk 5 – 6 hrs trek, 1 hr. drive**

Making downhill descend thru dense and dark forest of rhododendron trees we reach Ghandruk. Ghandruk is a slope settlement with mostly stone houses and inhabited by Gurung people. From here we can enjoy stunning close-up views of Mt. Fishtail, Annapurna South and Hiuchuli. Then we trek to Nayapul for our drive to Pokhara. Meals included: Breakfast, lunch and dinner and finally an overnight stay in hotel.

## **20. Drive/Flight to Kathmandu**

For the return trip two options are available, you can either take easy 25 minute flight to Kathmandu or take longer 7 hours of scenic drive to Kathmandu, the choice is yours. Both the means are great with beautiful mountain views during flight and fascinating views of landscapes in drive. Meals included: Breakfast, and dinner provided by our company side and finally an overnight stay in hotel.

## 21. Departure/Farawell

Last day, you can either safely make return journey to home or you can join for another exciting adventure. And according to flight schedule you will be escorted to airport approximately 3 hours earlier to catch flight to your next destination.

## INCLUSIONS

- Airport pick up and departure and all ground transportation during trips.
- Hotel in Kathmandu two or three star category in twin sharing bed and breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no.of porters with their insurance, salary and meals
- All entry fees TIMS card and entry Permit
- Domestic Flight according to Itinerary
- Sleeping bag and Down jacket for trek necessary equipment's during the trek
- One cultural show and dinner program

## EXCLUSIONS

- International Flight major meals in cities
- Airport tax and monuments entrance fees
- All personal expenses such as bar bills, beverage, snacks etc.
- Tips to guide and porter and your insurance.

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)