

# **Annapurna Circuit Trek ( Via Gorepani Poon Hill)**



## **Trip Overview**

Khumbu Alpine Travel has made two kinds of trips to Annapurna Circuit. One is a flight back by Plane from Jomsom and another is a whole round trip by walk. The Annapurna Circuit Trek part 2 trip is a whole round walk. It is an anti-clockwise round of the Annapurna region. Our trip starts from Kathmandu by Vehicle drive to a Place called Besisahar. These days the vehicle roads are available place till 5 days of walking from Besisahar but because of the rough track, we prefer to walk while exploring and enjoying natural beauties as well as local customs and culture. From Besisahar our trip begins within the Annapurna mountain range of central Nepal. This is a long trek for travelers. The trek rises to an altitude of 5,416m on the Thorung La pass, touching the edge of the Tibetan plateau. Our trail follows the Marsyangdi River to Manang, trekking trails are filled with lush vegetation and fields. After acclimatizing in Manang our trip moved forward towards Tilicho Lake which is the highest-located lake(4949 Mtr). After 16 days of soft walking on the beautiful trail that leads us to the Thorong La Pass, one of the highest passes in the mountain. Crossing the Thorangla pass and descending to Muktinath temple is sacred to both Hindu and Buddhist people with the wonder of amazement at the presence of 108 small waterfalls and mysterious natural gas fires. Now our trip moves forward toward Down Valley through the world's deepest Kaligandaki gorge and natural hot spring. After enjoying the hot spring again our trail takes us on to steep climb toward Gorepani Poon hill which provides us with a spectacular massif Annapurna himalayan range. Having all done this we will head down to Pokhara to end our trip. If we get to Pokhara on time, we would get a chance to do a variety of activities such as Paragliding, Bungee Jumping, Zip flyer, Boating, and sightseeing around the city. The next day our flights to Kathmandu will be early for final departure.

## Trip Itinerary

- Day 1 - Arrival in Kathmandu and transfer to hotel (1400 Mtr/4592 Ft)
- Day 2 - Sightseeing and preparation for Trek
- Day 3 - Drive to Besisahar and trek to Khudi(800 Mtr/2624 Ft)
- Day 4 - Trek to Bahundanda(1100 Mtr/3608 Ft)
- Day 5 - Trek to Jagat(1300Mtr/4264 Ft)
- Day 6 - Trek to Taal(1700 Mtr/ 5576 Ft)
- Day 7 - Trek to Timang(2710 Mtr/8888 Ft)
- Day 8 - Trek to Chame(2700 Mtr/8856 Ft)
- Day 9 - Trek to Pisang(3300 Mtr/10824 Ft)
- Day 10 - Trek to Manang(3540 Mtr/11611 Ft)
- Day 11 - Rest Day at manang
- Day 12 - Trek to Shiri Kharka (4060 Mtr/13316 Ft)
- Day 13 - Trek to Tilicho Base Camp(4140 Mtr/13579 Ft)
- Day 14 - Visit Tilicho Lake (4949 Mtr/16232 Ft)and Trek to Shiri Kharka(4060 Mtr/13317 Ft)
- Day 15 - Trek to Yak Kharka (4000 Mtr/13120 Ft)
- Day 16 - Trek to Thorang Phedi(4400 Mtr/14432 Ft)
- Day 17 - Trek to Thorang HighCamp(4850 Mtr/15908 Ft)
- Day 18 - Trek to Mukhtinath(3800 Mtr/12464 Ft) via Thorang La pass (5416 Mtr/17765 Ft)
- Day 19 - Trek to Jomsom(2700 Mtr/8856 Ft)
- Day 20 - Trek to Larjung (2544 Mtr/8344 Ft)
- Day 21 - Trek to Ghasa (2010 Mtr/6592 Ft)
- Day 22 - Trek to Tatopani(1200 Mtr/3936 Ft)
- Day 23 - Trek to Gorepani(2855 Mtr/2858 Ft)
- Day 24 - Trek to Gandruk(1940 Mtr/6363 Ft)
- Day 25 - Trek to Naypul Drive to Pokhara
- Day 26 - Flight to Kathmandu
- Day 27 - Final Departure

## **Cost Includes & Excludes**

### **Includes**

- All airport/hotel pick ups and drops within Nepal
- Flight from Pokhara to Kathmandu
- Flight from Pokhara to Kathmandu
- All Meals (Breakfast , Lunch and Dinner ) During the trek
- 3 Star hotel accomodation in Kathmandu and Pokhara with breakfast
- All ground transportation on a comfortable vehicle as per the itinerary
- An experienced English speaking and government licensed trekking guide
- Medical kit incase of Emergency
- Insurance for Nepali Staffs
- Sleeping Bag and Down Jacket for the trek
- Welcome and farewell dinner
- Staffs Cost including their Salary, food , accomodation and equipments

### **Excludes**

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city , extra night accomodation in Kathmandu and Pokhara in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itinerary
- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Helicopter charter flight
- Excess baggage charges ( can be carried only 15 Kg including in Airfare)

## **Gears and equipment**

- Head

Warm Hat  
Cap  
Face Mask / Muffler

- Upper Body

Wind stopper/Waterproof Jacket  
Down Jacket  
Fleece Jacket/ trousers  
Thermol  
T-shirts  
Woolen gloves/Water/wind proof gloves

- Lower Body

Trekking Trousers(light weight long Pant)  
Underwear  
Wind stopper/waterproof Pant  
Fleece or woolen pants

- Feet

Thin Lightweight/heavy poly or wool Socks  
Sandals  
Trekking Boot  
Gaiters  
Spare Shoes

- Accessories

Medium Rucksack (50-70 Ltr)  
Small Day Pack  
Personal Medical Kit  
Chapstick/Sunscreen  
Water bottle  
Large Duffel bag  
Trekking Pole  
Spare batteries for the Camera and Flash Light  
Hand Towel  
Head lamp with extra Batteries  
Sun Glasses with UV protection

Suitcase (For stored in Kathmandu hotel for not needed items for trek)

## Faqs

### 1. Why to go trekking in Annapurna circuit trek ?

*Annapurna region in Nepal is a popular destination for trekkers and climbers from all over the world. Every year thousands of trekkers and climbers come to Annapurna region to explore the beautiful Himalayan range as well as wonder natural beauties. The main attraction of this trek is Tilicho Lake, a view from Poon hill, Annapurna Himalayan range, Muktinath temple, and Thorang la pass (5416 Mtr). As we cross the Thorang la pass we reach another district, the landscape and geographical structure are different.*

### 2. What is the best seasons to trekking in Annapurna circuit trek ?

*In Nepal, there are four different seasons such as Spring, Summer, Autumn and winter. Spring and Autumn are most popular for trekking in Nepal. But the best season of your travel might be differ as per your purpose and your suitable time for travelling in Nepal.*

### 3. What permit do I need for the Annapurna circuit ?

*To enter in Annapurna area, we have to take several permits as follows.*

- 1) Annapurna conservation area project permit*
- 2) Trekking information and Management services (TIMS)*

### 4. How safe is Annapurna circuit trek?

*Safety is our first concern. As we provide the experienced guides and leaders for the particular trip who are well trained about the high altitude sickness, first aid friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag incase of any injury and emergency. We make the proper decision according the regular updated weather report, if there is any chances of big snow falls or storms, we decide and do the action as per the situation.*

### 5. How is the lodging and fooding facilities in Annapurna Circuit ?

*Along the trail to Annapurna circuit , there are well faciliated lodges are available with various types of foods. We provide you three meals a day with your own choice. We always provide the seasonal fruits as well. We always*

*book in lodges with well management and facilities. if you buy single supplementary package you will get single room. But single rooms are very hard to get, sometimes we should share with another person/group.*

**6. Is there any internet wifi and phone call facility on the way?**

*After your arrival in Kathmandu airport, we recommend to buy One ncell sim card. In Annapurna circuit region, Ncell works in some parts, but internet services is available in every lodges.*

**7. Can I use the foreign currency and Credit cards on the way in any shop or Lodge?**

*You can pay by foreign currency as well, but the exchange rate will not be same as Kathmandu, so we recommend you to exchange the money in Kathmandu and take a Nepalese Rupees. In Annapurna region credit cards are accepted only in some place.*

**8. What is the normal temperature in spring and Autumn season?**

*Spring season starts from March, but until third week of March temperature will still be cold even in day time. But actually temperature depends on weather, if weather is mild temperature ranges from 10-15 Degree Centigrade. If the weather is clear, days will be warm. After the April it will be warm with sunny weather. Especially in Morning and Evening time will be little cold.*

*Autumn season starts from September, September will still be warm even the weather is not good. From October normally in morning and evening will be cold.*