



Annapurna Circuit trek is a versatile trip which serves the whole purpose of adventure-traveling, cultural tours and wanderlust; combining trekking, hiking, sightseeing and cultural tour into a single traveling experience. You can enjoy the close view of surrounding mountains of Annapurna, Dhaulagiri and Fish-tail (Machhapuchhre), and also experience the first-hand encounter of local cultures, tribes and cuisines.

Rich in culture and architecture of the mountain tribes of Gurung, Magar and Thakali, the 14 days of Annapurna trek takes you into the heart of authentic Himalaya. Spending your time observing local festive and culture can be an essential aspect of cultural immersion.

Thorong La Pass (5,416m/17,769ft) is the highest elevation you may reach during the trek.

The circuit trek initiates and concludes at the town of Besisahar, in the outskirts of Pokhara. The mountainous village of Manang (3,500m/11,482ft) marks the beginning of the second phase of the trek, following with trekking through the pilgrimage trail of Muktinath and Jomsom district headquarter of Mustang.

13Days Annapurna Circuit Trek (Highest point 5,416m/17,765 ft)

Day 01: Arrival in Kathmandu (1,300m/4,264 ft) Dinner

Upon arrival in Kathmandu Airport, you will meet our staff at and transfer to hotel Kathmandu. Pm: sightseeing Monkey temple and Kathmandu durbar square & trek preparation. Overnight stay in Kathmandu.

Day 02: Kathmandu Drive to Beshishahar (830m/2,723ft), 6-7 hrs drive (Breakfast, Lunch, Dinner)

After breakfast, we leave Kathmandu for our journey to Annapurna region. Drive by bus to Beshishahar through the beautiful Nepalese countryside. Beshishahar is big town and district headquarters of the Lamjung District, explore the surrounding area and overnight at the hotel.

Day 03: Drive to Chame (2,710m/8,891ft), 6-7 hrs walk (Breakfast, Lunch, Dinner)

After breakfast, drive to Chame passing through Bagarchhap, the altitude slowly gains as we come at Danaque and to the alpine region passing through farm, orchards and beautiful pine forest with views of towering peaks of Lamjung and Annapurna II, the trail follows the river Marshyangdi upstream passing by the villages of Latamanang and Koto before further half an hour brings you at Chame for overnight at the hotel. This is head quarter of Manang district with grand view of Annapurna II.

Day 04: Chame Trek to Pisang (3,200m/10,496ft), 5-6 hrs walk (Breakfast, Lunch, Dinner)

The trails leads from the other side of the river on the northern bank passes through pine woods and small villages with few ups and downs till you reach the orchard village of Bhartang for apple garden. We continue on the gradual path up to a bridge, from the bridge a short steep climb through the pine forest brings you at the top of the ridge of Dhukur Pokhara for the lunch. After walking out of the tree line a great view of Pisang peak on the north and the Chulu peak can be seen with Pisang village below you, from this top a gentle descent of one hour brings you to windswept village of Pisang for overnight. Evening visit upper Pisang for the Tibetan style of houses and monastery with panoramic view of the Annapurna range and valley.

Day 05: Pisang Trek to Manang (3,500m/11,482ft), 4-5 hrs walk (Breakfast, Lunch, Dinner)

The trek starts with pleasant walk through pine forest and the scenic view. The walk climbs gently up for half an hour and reaching the top, stop at a ridge to get our first view of the Manang valley, this grand spot offers a spectacular views of the valleys, Humde village with it's short air-strip and the great peaks of Gangapurna, Annapurna II & III, Tilicho and on the right Chulu east, on the back Pisang peak. The walk forward to Humde and pleasant walk up to the Braga village for traditionally built up Tibetans style of houses and if can be visited the monastery, it has an



outstanding display of statues, Thangka paintings and the religious manuscripts. From here it is only an hour walk to Manang for the overnight.

Day 06: Acclimatization day at Manang (3,500m/11,482ft) (Breakfast, Lunch, Dinner)

Today is full of rest for acclimatize and explore Manang. The village of about 500 flat-roofed houses is the picturesque set amongst some spectacular scenery -Annapurna II, Annapurna III (7,555 meters), Gangapurna (7,454 meters) to the South - Tilicho (7,132 meters) and the Grand Barrier to the West - Chulu West (6,583 meters) and Chulu East (6,059 meters) to the North. After explore and relaxing day at Manang, visit Himalayan Rescue Association and if needed go for movie show.

Day 07: Manang Trek to Yak Kharka (4,110m/13,484ft), 3-4 hours walk (Breakfast, Lunch, Dinner)

After a wonderful time at Manang, the trail leads to a slow climb up for an hour to the Tenki Manang for encluse view of the Annapurna, Gangapurna and Tilicho peak. The track gently winds up offering inspiring views and through terrains with juniper bushes as the only surviving vegetation around this region and will brings you at Yak-Kharka for the overnight.

Day 08: Yak Kharka Trek to Throng Phedi (4,400m/14,432), 3-4 hrs walk (Breakfast, Lunch, Dinner)

We start our trek with slow and own pace to get to Phedi. We still have same amazing view of mountains and landscapes. After an hour walk reaches at Ledar and continues to climb along the east bank of the Jorsang Khola, then descends and crosses the stream on a wooden bridge to get a small tea shop. We stop for wonderful view and tea breaks, we follows a narrow path across a high, unstable slope before heading to Thorong Phedi for the overnight. Phedi, which means 'foot of the hill', is a common Nepali name for any settlement at the bottom of a long climb.

Day 09: Throng Phedi -to Muktinath (3,800/12,467ft) via Throng La (5,416m/17,765 ft),7-8 hrs walk (Breakfast, Lunch, Dinner)

Today is longest and hardest day of the whole trip. We start our walk early in the morning with packed lunch and the trail becomes steepest initially and reaches at high camp. Walk on your own pace viewing with sunrise and glimpse of the mountains. We continuing walk to the top takes 3-4 hrs to the Throng top and with a great feeling of victory take a short break for picturesque scenery and down to the Mustang part of mountains and the Kaligandaki valley far below to the West. Finally, we made to Muktinath after 7-8 hrs long walk and overnight at lodge.

Day 10: Muktinath Trek to Jomsom(2700m), (Breakfast, Lunch, Dinner)

Today we will overland drive to Tatapani(Natural hot spring) passing through beautiful surrounding continues back to the terraced paddy fields and into warm sub-tropical climate all the way to the village of Tatopani. We come downthrough Dana village (the deepest gorge of the world) and after lunch onwards couple of hours to get to Tatopani for natural hot spring bath. Explore the local place and overnight at guest house

Day 11: Jomsom – Pokhara Flight (Breakfast, Lunch,) Early morning fly to Pokhara from Jomsom. Upon arrival transfer to hotel. Day free at leisure your own.

Day 12: Pokhara drive to Kathmandu (1,300m/4,264 ft), 5-6 hrs./ or take flight optional (Breakfast) Upon arrival in Kathmandu, transfer to hotel for check in. Evening free at leisure your own.

Day 13: Kathmandu – Departure (Breakfast)

After breakfast, free at leisure your own till transfer to airport and fly home.

COST: S\$2860 Per pax (Includes Air travel – SIN-KTM-SIN)

Cost includes:

- Air travel SIN-KTM-SIN
- Airport pick-up and drop-off
- Fully guided trek throughout trip
- National Park/conservation area entry permits
- Hotel accommodation in Kathmandu & Pokhara and per itinerary (3nights)
- Ground transport by bus/ by 4WD Jeep as per above itinerary.
- Guest house accommodation during trek (some places may have attached bath room)
- Meals as per above itinerary (Breakfast, Lunch & Dinner).
- Supplement foods like luncheon meats, sardine & fruits with tea/coffee
- Service of experienced Trekking guide and porters (2person = 1Parter)
- Nepalese staff insurance, equipment, lodging & food.
- Necessary documentation and Trek permits, Annapurna Conservation fees, (TIMS) Card etc.
- Down jackets and good condition sleeping bags
- Duffel bag, and t-shirt as a souvenir.
- Trekking route map
- First Aid Kit (carried by a trekking guide)
- Drinking water supplies (boiled water)
- Coordination quick rescue service in case of emergency (cost covered by your insurance plan)

Service and cost do NOT include:

Airline taxes & Fuel Sur charge. Personal travel insurance, Nepal visa fee US\$30 & passport size photo (Visa can be obtained on arrival in Kathmandu Airport, Tipping US\$5 Per pax per day

