



Contact Info

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TRANSFER BY BUS

The Annapurna Circuit Trek is a long-distance trek that circles the Annapurna massif in Nepal. This trek can be done by both drivings and in flight. The trek is known for its breathtaking mountain views, diverse landscapes, and cultural experiences. During the trek, you will cross Thorong La Pass, the highest point of the trek, which provides panoramic views of the surrounding peaks. The trek takes take's 15 days, to complete, and passes through several remote villages, where you can observe traditional ways of life and interact with the local people. The Annapurna Circuit Trek is considered one of the classic treks in the world and provides a truly unique and memorable adventure.

Includes

- All (airport to airport) transfer by private vehicles as per group size.
- 15 nights' accommodation Luxury Resort/Hotels as mentioned below.
- Meals: 15 breakfasts, 11 lunches and 12 dinner
- Local village and schools visit on the way wherever is possible.
- Visit Tibetan carpet factory and Thangka painting while guided sightseeing tour in Kathmandu and Pokhara
- Seasonal and regional festivals and unique experiences as per region.
- Visit of spiritual Places in the city areas and outside the city while by surface travel.
- Participate in harvesting and cultivation activities depending on the season.

- Monumental areas entrance fees as per the itinerary levied by the government and local authorities.
- Professional licensed local English/other language speaking guide service in Kathmandu, Pokhara.
- Other festivals, and spiritual activities will be observed or participated while on tour,
- Accompanying official escort throughout the trip.
- Special souvenir on farewell / departure

Includes While on Trek:

- Annapurna Conservation area Permits
- All 3 major meals including Tea/Coffee, hot water to drink,
- Airfare for trekking guide for sector Jomsom - Pokhara.
- Licensed trekking guide, his allowance, hotel and meals
- Trekking Sherpa porter (2:1porter), allowance, hotel and meals.
- Duffle bag to put your belongings,
- Medical kit.

Excludes

- International flights tickets
- Nepal entry visa fee
- Travel Medical Insurance
- Emergency Evacuation Service
- Items of a personal nature such as alcoholic/nonalcoholic drinks, laundry
- Any other expenses which are not mentioned at the included section
- Tips/gratuities/Donations for driver, guides and escorts

- Force Majeure

Itinerary

Day 1: Arrival Day at Kathmandu

This is your first day of arrival, one of the employees of Going Nepal will pick you all up from the airport and take you to your respective hotels afterward a briefing will be done about the trip. In the afternoon you may take a rest as you had traveled away a long or visit our office as well. Overnight in Kathmandu.

- Meals: Welcome Dinner

Day 2: Transfer to Pokhara from Kathmandu

Kathmandu to Pokhara by private vehicle is a common way to travel between these two popular destinations in Nepal. The journey takes about 6-7 hours and covers a distance of approximately 200 km. You can choose between a private car or van, which can be arranged through local travel agencies or hotels. The route takes you through scenic landscapes, and you can stop along the way to visit local villages and temples. The private vehicle option provides comfort and convenience, and you can customize the itinerary to suit your needs and interests.

- Meals: Breakfast

Day 3: Transfer from Kathmandu to Bulbule and Trek to Nadi

The journey from Pokhara to Bhulbhule and then trekking to Nadi is a popular option for those wishing to explore the Annapurna region of Nepal. Bhulbhule is a small village located on the banks of the Marsyangdi River, which is the starting point of the trek to Nadi. The trek to Nadi is a short and scenic trek that takes you through traditional villages and terraced fields, and offers stunning views of the surrounding mountains. The trek can be completed in an hour or two, depending on your pace, and provides an excellent opportunity to experience the rural life and natural beauty of the region. From Nadi, you can continue your journey to other destinations in the Annapurna region or return to Pokhara. Dinner and overnight at the hotel.

- Meals: Breakfast, Lunch, Dinner

Day 4: Trek From Nadi to Chamche

Keep an eye out for dazzling cascades en route as the trail makes its way through a deep wooded canyon with a few stretches of steep climbing. Wander through rice paddies, follow winding trails through the sub-tropical forest, cross suspension bridges swaying over raging rivers, pass waterfalls of melted snow and climb steep mountain passes. Dinner and overnight

- Meals: Breakfast, Lunch, Dinner

Day 5: Trek from Chamche to Dharapani

Today's trek continues through the deep wooded canyon embellished by stunning waterfalls. You'll be venturing into the Manang district of the mountain range, with much of the trail ascending throughout the day.

- Meals: Breakfast, Lunch, Dinner

Day 6: Trek from Dharapani to Chame

Marking the end of the great Marsyangdi River Gorge, make a steep climb to Timang, then the trail settles into gentler slopes as the vegetation transforms from dense pine forests to drier slopes. The district headquarters of Manang, Chame, is the largest settlement after Besisahar.

- Meals: Breakfast, Lunch, Dinner

Day 7: Trek from Chame to Pisang

Slowly you are going to enter into the different world and gaining the elevation and walking through the pine forest. Pisang is the inhabitant of Gurung people.

- Meals: Breakfast, Lunch, Dinner

Day 8: Pisang to Manang

Trek the northern trail via upper Pisang and Ghyaru – an area renowned for its

spectacular views. It is now drier and you are sure to come across local farmers herding yaks. Here's a hot tip – Tibetan yaks take a special interest in people wearing red, so choose your gear carefully today!

- Meals: Breakfast, Lunch, Dinner

Day 9: Manang Acclimatization Day

Spend a day here to acclimatize and day hike to Monastery, then return to Manang for the night. Manang is a village of about 500 flat-roofed houses, and offers excellent views of Annapurna II, Annapurna III, Gangapurna, and Chulu East.

- Meals: Breakfast, Lunch, Dinner

Day 10: Manang to Yak Kharka

You will be walking as a slog due to the altitude. Along the way, you will encounter Musk deer, Himalayan Thar, and all other flora and fauna along with the mountain range. It is an easy and short hike due to the altitude.

- Meals: Breakfast, Lunch, Dinner

Day 11: Trek from Yak Kharka to High Camp

Today leisurely walk to Throng Phedi and have Lunch then 2hrs hike to High Camp. It offers great landscapes and Mountain views.

- Meals: Breakfast, Lunch, Dinner

Day 12: Trek from High Camp to Muktinath

Probably the hardest day of the entire trek. Early morning ascends 490m to the Throng la top and walk down to Muktinath. This is a pilgrimage holy place in Annapurna region. Once you are in Muktinath you are entering into the different world which you may feel.

- Meals: Breakfast, Lunch, Dinner

Day 13: Trek from Muktinath to Kagbani to Jomsom

The most relaxed day and walking into the barren land and facing the warier caves, visit the hundreds of years Monastery and Experience the Tibetan tribes. Walk about 3 hours to Kagbeni for Lunch and explore the area. After having Lunch walk to Jomsom for another 2 hours.

- Meals: Breakfast, Lunch, Dinner

Day 14: Fly from Jomsom to Pokhara

After breakfast moves towards Jomsom airport and flies to Pokhara. As soon as you reach Pokhara drive to the hotel and rest for the day.

- Meals: Breakfast

Day 15: Transfer to Kathmandu

Breakfast and depart for Kathmandu, evening farewell dinner at Nepalese typical Restaurant.

- Meals: Breakfast

Day 16: Departure

After the healthy breakfast, we drop you at the airport for your final departure for your onward destination.

Highlights

- Trekking through the Annapurna region of Nepal, known for its diverse
- landscapes and cultures
- Spectacular views of Annapurna and Dhaulagiri peaks and other famous peaks
- in the Himalayas

- Passing through traditional villages and terraced farmland
- The opportunity to experience the unique culture and way of life of different ethnic groups in the region
- Challenging trek that will test your physical fitness and mental endurance
- The chance to reach Annapurna Base Camp (4130m) or to Poon Hill (3210m) for panoramic view of Annapurna and Dhaulagiri range.
- The trek also offers the chance to explore the beautiful rhododendron forest.
- The trek is also known for the hospitality and warmth of local people.
- Travel Information
- Permits: A TIMS (Trekking Information Management System) card

Travel Information

- Permits: A TIMS (Trekking Information Management System) card and Annapurna Conservation Area Permit (ACAP) are required for trekking in the Annapurna region. These can be obtained in Kathmandu or through a trekking agency.
- Best time to go: The best time to trek in the Annapurna region is between September and November and March to May when the weather is clear and stable.
- Route: There are several popular routes for trekking in the Annapurna region. Some of the most famous include the Annapurna Circuit, the Annapurna Base Camp Trek, and the Jomsom Trek.
- Accommodation: Accommodation during the trek is typically in teahouses or lodges. These provide basic but comfortable accommodation and meals. It is also possible to camp but it will require hiring equipment and porters.
- Physical fitness: The Annapurna treks are considered challenging, and a good level of physical fitness is required. It is important to be prepared for long days of hiking at high altitude and to acclimatize properly.
- Altitude sickness: Altitude sickness is a concern at high altitude. It is important

to be aware of the symptoms and to take necessary precautions to prevent it.

- Guides and porters: It is possible to trek independently but hiring a guide and porters is recommended for safety and to ease the burden of carrying equipment.
- Insurance: It is important to have comprehensive travel and trekking insurance before embarking on an Annapurna trek. Make sure it covers emergency evacuation and medical expenses.
- Respect the local culture and customs: The Annapurna region is home to diverse ethnic groups and it's important to respect their culture and customs. Dress modestly and be mindful of cultural sensitivities.
- Be prepared for the change in weather: Weather in the mountains can change rapidly.

Things to know

- Visa requirements: Make sure to check the visa requirements for Nepal before you travel. Tourist visas can be obtained upon arrival at the airport or in advance from a Nepalese consulate or embassy.
- Currency: Nepalese Rupee (NPR) is the official currency of Nepal, but US dollars are also widely accepted. It's a good idea to carry cash, as credit cards and debit cards may not be accepted in some places.
- Weather: Nepal has a diverse climate, with temperatures varying greatly depending on the region and altitude. It's important to check the weather forecast and pack accordingly.
- Altitude sickness: Altitude sickness can be a concern when travelling to higher altitudes in Nepal. It's important to be aware of the symptoms and to take necessary precautions to prevent it.
- Food: Nepal has a diverse cuisine, with a mix of Indian, Tibetan, and Nepalese dishes. Some traditional Nepalese dishes include Mo:Mos (dumplings), Dal Bhat (lentil soup and rice), and Chow Mein (stir-fried noodles).
- Language: Nepali is the official language of Nepal, but many people also speak English.
- Culture: Nepal is a culturally diverse country with a mix of Hindu and Buddhist influences. It's important to be respectful of local customs and traditions, and to dress modestly when visiting temples and other religious sites.

- Conservation and sustainability: Nepal are home to many unique and endangered species and fragile ecosystems, it's important to be mindful of environmental conservation and sustainability while traveling.