

## **Day 01: Arrival in Kathmandu (1,324m/4,344 ft)**

Welcome to the Country of Himalayas !

As you arrive at [Tribhuvan International Airport](#), Kathmandu, One of the Representative from [Himalayan Sanctuary Adventure](#) will be waiting for you outside the terminal holding your name to escort you to your specified Hotel. Upon your arrival you will be warmly welcomed and transfer to your hotel in Kathmandu. After Check in you will be briefed to carry out the final preparation required for the trek. So that you can relax and prepare for the adventure ahead.

## **Day 02: Kathmandu Sightseeing and trek preparation(4 - 6hr)**

In the morning, you proceed [Sightseeing](#) in some places as given below:

- **Boudhanath Stupa:**

The largest stupa and center of Tibetan Buddhism in the Kathmandu valley. One of the best places to relax and take a hint of Buddhist culture is in Kathmandu.

- **Pashupatinath Temple:**

The Pashupatinath Temple is one of the most significant Hindu temples in Asia with over 500 small and big shrines, Lingams, and temples in the temple complex.

- **Patan Durbar Square:**

Patan Durbar Square is an intriguing blend of palace structures, artistic courtyards, and elegant pagoda temples. Among its main attractions is the 17th-century Krishna Mandir (Temple). The Patan Museum contains bronze statues and other religious objects which has great significance. Durbar Square has both religious and cultural importance and the surroundings are artistically beautiful.

- **Swayambhunath Stupa:**

Also known as the 'Monkey Temple', this is one of the oldest heritage sites in Nepal. From the top viewpoint, you will have an amazing view of the capital city "Kathmandu".

### **Included Meal: Breakfast**

## **Day 03: Drive from Kathmandu to Syange/Jagat (1100m) to Dharapani (1,860m / 6,102ft) 9 - 11 hours**

Wake up early in the morning; we will take a taxi from your hotel around 6 to get a local bus from the Gangabu local bus station to Besisahar. After Besisahar, we take a shared jeep to Dharapani, which takes us nearly 9 - 10 hours to get to Dharapani through Trishuli and Marshangdi River (a famous river for rafting) and village countryside. Some insight into the rural people's lifestyle and their culture on this drive. Stay overnight at the lodge.

### **Key Notes**

- To get to Dharapani from Kathmandu, you can take a public bus to Besisahar and the next day drive to Dharapani; otherwise, if you take a private jeep from Kathmandu, you will get there on the same day. The distance from Kathmandu to Besisahar is 190 km. It takes around 6 to 7 hours to get from Kathmandu to Besisahar.
- See some waterfall on the way

- From Besisahar to Dharapani is 35 km. It takes around 3 to 4 hours to get from Besisahar to Dharapani. The time it takes from Besisahar to Dharapani depends on the road conditions from Besisahar, to Dharapani
- You can get Wi-Fi service at teahouses. The Wi-Fi service might be slow depend on number of device use in the hotel.
- There are no ATMs from Dharapani onwards. So travelers should bring local currency before they get to Dharapani.

Driving Distance - 225 Km

**Included Meals: Breakfast, lunch, and dinner**

#### **Day 04: Dharapani to Chame (2,610m / 8,562ft) 5 - 7 hours**

Enjoy the trail, climbs along the mule track into a fir forest, and cross the river surrounded by higher oak and maple trees through Timang (2750m/9022ft) - Koto (2600m/8530ft) - Chame (2670m/8759ft).

- It's a beautiful day's walking with stunning scenery. Look out for the Alpine-like meadows and cows with huge bells in Timang. Pine forests are a constant feature and there are many glimpses of snow-covered peaks
- Chame is one of the bigger villages between the start of the trek and Manang and provides a good opportunity to stock up on snacks, medicines, gear etc.
- There is a hot spring in town - it's a little less exciting than it sounds (it's a small manmade pool) but is easy enough to check out if you have time.

Admire the awesome views of major Himalayan peaks on the way and walking further you reach Chame. Stay overnight at Guesthouse.

Trek Distance - 15.5km / 9.6miles

**Included Meals: Breakfast, lunch, and dinner**

#### **Day 05: Chame to Pisang (3300m/10826ft) 5 - 6 hours**

Trek to Pisang through Bhutang(2850m/9350ft) - Dhukur Pokhari(3240m/10629ft) - Upper Pisang(3540m/11614ft). Passing through a steep and narrow river valley in dense woodland on our trail. The spectacular view of Pisang Peak and Annapurna II on our way is fantastic. Stay overnight at Teahouse/Lodge.

#### **Key Notes**

- Bhutang is a nice place that you do not expect to find. You should try the apple juice that is squeezed fresh and any baked things that you can find.
- Today you can look at the scenery. It is very beautiful. The views are nice. You can enjoy them.

Trek Distance - 14 km / 8.2miles

**Included Meals: Breakfast, lunch, and dinner**

#### **Day 06: Pisang to Manang (3540m/11614ft) 6 - 8 hours**

We trek to Manang through - Ghyaru (3730m/12237ft) - Ngawal (3660m/12007ft) - Braga

(3450m/11318ft) – Manang (3540m/11614ft). The panoramic views of Annapurna, Pisang Peak, and several other peaks are breathtaking upon reaching the top so The views from Ghyaru are some of the best on the trek. Do not rush, take your time and enjoy how beautiful it is. The view of the change in topography as we reach here and a memorable short visit the largest Barge monastery of that district. Stay overnight at Teahouse/Lodge

### **Key Notes**

- Most of the day you will be going up a steep path from the mani wall to Ghyaru. You have to be careful drink a lot of water and rest for a while after that.
- Ghyaru is a place to have a slow and relaxing brunch. I really liked sitting at the viewpoint and talking to people who were trekking and looking at the views.
- The views from here are some of the best you will see on the trek.
- This day can be very long 17 km. It might be the longest day for you. Some people like to stop and stay in Braga for the night.
- Manang has more things you might need like places to buy gear and snacks and some nice things like cafes, a cinema and places to do your laundry

Trek Distance – 17km / 10.6miles

**Included Meals: Breakfast, lunch, and dinner**

### **Day 07: Manang (Rest day to acclimatize)**

Today is acclimatization day so it would be easier to proceed further to the higher altitude. Tour around monasteries with a side trip to Lake Gangapurna. Visit the Himalayan Rescue clinic and nearby local villages and interact with them. Learn about their culture and tradition and stay overnight at Teahouse/Lodge.

### **Key Notes**

- You can spend your day hanging out in Manang resting and preparing for the rest of the trek.
- If you feel that you need a day to recuperate, skip the hike and relax. Otherwise it is recommended some light walking to 100-200 metres higher above Gangapurna lake or Pragen Gumpa

**Included Meals: Breakfast, lunch, and dinner**

### **Day 08: Trek Manang to Yak Kharka (4195m/13762ft), (4 - 5 hrs)**

We ascend to the Tenki village and then climb out of the Marshyangdi valley up to the Jarsang Khola. Passing through pasturelands, Juniper trees, and Ghunsa village, witnessing yaks and horses grazing to reach the beautiful village of Yak Kharka. We cross a wooden bridge and pass through the ancient Mani wall and finally reach Yak Kharka. Stay overnight at Teahouse/Lodge

Trek Distance – 8Km

**Included Meals: Breakfast, lunch, and dinner**

### **Day 09: Trek Yak Kharka to Phedi (4430m/14533ft), (4 to 5 hrs)**

We pass through the busy settlement of Thorong Phedi to the point where many trekkers used it as a base camp. We stop at Thorong Phedi as our next day trekking is tough and to get proper

acclimatization we stay overnight at Teahouse/Lodge

Trek Distance - 7Km

**Included Meals: Breakfast, lunch, and dinner**

**Day 10: Trek Phedi to Thorong-La (Pass), (5416m) and Muktinath (3802m/12473ft), (8 - 10hrs)**

Walk through a steep ascent and rocky ridges to reach the top of the peak which is slightly icy from melting snow. The stunning views of snow-capped mountains from the top including the Annapurna Ranges. The beautiful Kali Gandaki gorge as we continue our trail and descend downhill to reach the holy Hindu pilgrimage Muktinath (3800m). Many Tibetan ethnics and Buddhist devotees reside here. Stay overnight Teahouse/Lodge

**Key Notes**

- You should start early at around 4 am from Thorong Phedi or 5 am from High Camp.
- The Annapurna Circuit is really tough on this day but the hard part of the Annapurna Circuit is almost done.. You might need to give yourself a mental push to keep going.
- The scenery on the Annapurna Circuit throughout the day is pretty special. You should enjoy the trekking on the Annapurna Circuit because it is one of the rewarding days.
- Try not to get held up at High Camp on the Annapurna Circuit. The next section of the Annapurna Circuit creates loads of bottlenecks. You are only moving as fast as the person in front of you on the Annapurna Circuit.
- Muktinath is the name of the temple that draws all the pilgrims to Muktinath. You can visit the temple at Muktinath well as the Buddhist monastery at the other end of town, in Muktinath.

Trek Distance -16km

**Included Meals: Breakfast, lunch, and dinner**

**Day 11: Drive from Muktinath to Jomsom (2600m/8530ft) 2 hours**

We complete our Annapurna Circuit Trek after visiting the sacred Muktinath temple and drive further to Jomsom. if you would like to walk more we would suggest you to go dhumba lake after refreshment at your hotel in Jomsom. Stay overnight at Teahouse/Lodge.

**Key Notes**

- Today will drive to jomsom through kagbeni. Kagbeni is a place to visit for a few hours. There are some guesthouses and cafes where you can eat lunch.
- Jomsom is a town. You can find guesthouses, restaurants and shops there. There is a Java Café. It is also an art gallery and a live music place.
- If you want side walk around jomsom you can visit Dumba Lake which is around 1 hour walking distance

**Included Meals: Breakfast, lunch, and dinner**

**Day 12: Flight from Jomsom to Pokhara (25 min)**

An adventurous 25-minute morning flight to Pokhara from Jomsom. Rest and relax for a while in a hotel. Rest of the day tour nearby places or visit local markets if you wish to. Enjoy the nightlife in

Pokhara. Stay overnight at a hotel.

**Included Meals: Breakfast**

**Day 13: Drive Back to Kathmandu (7 - 9hr)**

After Breakfast in the morning we will transfer you to the Tourist Bus Station to catch the Tourist bus back to Kathmandu . Stay overnight in Kathmandu.

Driving Distance - 200Km

**Included Meals: Breakfast**

**Day 14: Departure Day**

On the day of your departure, our driver will escort you to **Tribhuvan International Airport** for your onward journey. We wish you all the best for your travels and hope your next destination brings you more incredible adventures with [Himalayan Sanctuary Adventure](#) .