



ANNAPURNA CIRCUIT TREK -GREET THE HEAVENLY PEAKS



Nepal; the glorious land of Himalayas lies peacefully between the two-giant economy of the world, India and China. Though being a landlock country Nepal is blessed with white fast flowing rivers, lakes, ponds and many more. You will always be surprised with the snake like turning highways and the incredible view of green hills and the feel of villages throughout your journey.

Kathmandu; the capital of the nation is also known as land of temples as you will encounter with either big or small temple in almost every step you take. Kathmandu is an incredibly diverse historic city with breathtaking architecture, centuries old Hindu and Buddhist religious sites. Not only in Kathmandu but in every part of Nepal you will experience different culture and its unique magnificence.

Annapurna Circuit Trekking is a moderately difficult trekking expedition. However, the trekkers need to be physically fit wherein you are likely to walk for around 6-7 hours each over the hilly terrain. Pay visit to Muktinath (the God of Salvation), witness the marvelous



natural scenery, colossal Himalayas and welcoming locals while encircling around the Annapurna massif in this trek.

Nepal will surely win your hearts with her cultural beauty, natural beauty and warm-hearted people!!!

Climate: In northern Nepal summers are cool and winters are severe, while in the south summers are very hot while winters are mild to cold. Eighty percent of all the rain in Nepal is received during the monsoon (June-September). Winter rains are more pronounced in the western hills.

Currency: 1 USD = NPR. 118.96 (*subject to change)

TOUR HIGHLIGHTS:

DESTINATION

KATHMANDU, POKHARA, ANNAPURNA
BASE CAMP

TOUR DURATION

17 NIGHTS AND 18 DAYS

HOTEL CATEGORY

3 STAR/ TEA HOUSE DURING TREK

MEAL PLAN

BREAKFAST BASIS
DURING TREK: B/L/D

BRIEF ITINERARY:

DAY 1: ARRIVAL IN KATHMANDU

DAY 2: FULL DAY KATHMANDU SIGHTSEEING



- DAY 3: KATHMANDU TO BESISAHAR (790 M). OVERNIGHT AT TEAHOUSE/LODGE.
- DAY 4: BESISAHAR TO BAHUNDANDA (1310 M). OVERNIGHT AT TEAHOUSE/LODGE.
- DAY 5: BAHUNDANDA TO CHAMJE (1400 M). OVERNIGHT AT TEAHOUSE/LODGE.
- DAY 6: CHAMJE TO DHARAPANI (2160 M).OVERNIGHT AT TEAHOUSE/LODGE
- DAY 7: DHARAPANI TO CHAME (2630 M). OVERNIGHT AT TEAHOUSE/LODGE.
- DAY 8: CHAME TO PISANG (3200 M). OVERNIGHT AT TEAHOUSE/LODGE.
- DAY 9: PISANG TO MANANG (3540 M). OVERNIGHT AT TEAHOUSE/LODGE.
- DAY 10: REST DAY AT MANANG.
- DAY 11: MANANG TO LETDAR (4250 M). OVERNIGHT AT TEAHOUSE/LODGE.
- DAY 12: LETDAR TO THORUNG PHEDI (4520 M). OVERNIGHT AT TEAHOUSE/LODGE IN PHEDI.
- DAY 13: THORONG LA (5416 M) VIA THORUNG PHEDI TO MUKTINATH (3740 M). OVERNIGHT AT TEA HOUSE/LODGE.
- DAY 14: TREK TO JOMSOM (2713M). OVERNIGHT AT TEA HOUSE/LODGE.
- DAY 15: JOMSOM TO POKHARA. REST AND RELAX AT POKHARA.
- DAY 16: POKHARA SIGHTSEEING
- DAY 17: FLY BACK KATHMANDU
- DAY 18: DEPARTURE

DETAIL ITINERARY:

DAY 1: ARRIVAL IN KATHMANDU

Welcome to the vibrant capital of Nepal. Upon your arrival in Tribhuvan International Airport, you will be greeted by our representatives and transferred to hotel.

Overnight at Hotel in Kathmandu





DAY 2: FULL DAY KATHMANDU SIGHTSEEING



After breakfast, you'll be exploring the traditional and artistic Kathmandu valley. Your first stop will be Kathmandu Durbar Square. Also known as Hanuman Dhoka Durbar Square, it is a public square containing ancient palaces, temples, statues and streets. There is an ancient wooden pavilion Kasthanadap made by wood gathered from a divine tree, Kalpa Vriksha, build centuries ago. It is this pavilion from which the city got its name Kathmandu. Taleju temple is the oldest and the tallest building in the area, door of which is opened only once in a year during the main festival of Nepal;

Dashain. Historically important Kathmandu Durbar Square offers you the traditional art and crafts of the Newars, in the form of elaborate wood work, sculptors and architecture. Your next stop will be the Monkey temple; Swayambhunath. Standing tall on a hill, the majestic Buddhist shrine Swayambhunath is a white dome with a gold conical shape on top, which is painted with the watchful eyes of Buddha. The exhausting climb of 365 steps to reach Swayambhunath is worthwhile once you reach the peaceful stupa and view Kathmandu valley from there.

Patan, one of the ancient royal city of Nepal. Patan Durbar Square is a public square which contains palaces of former Newar Kings of Patan. A good example of Newari architectural marvel, Patan has abundant temple, esthetic structures and palaces to captivate you.. You will also get to observe uniquely crafted water tank with intricate stone taps.



Meals: B

Overnight at hotel in Kathmandu

DAY 3: KATHMANDU TO BESISAHAR (790 M). OVERNIGHT AT TEAHOUSE/LODGE



After breakfast at hotel. We will drive from Kathmandu for about seven and a half hours to the village of Besisahar. We will take a short walk of 15 mins down to Marsyangdi valley, we will stay here for the night.

Overnight at Teahouse/Lodge.



DAY 4: BESISAHAR TO BAHUNDANDA (1310 M)

We will enjoy the breakfast then start our journey. We will cross the Marsyangdi River and continue upstream until we reach the Nadi Khola, from here it is a climb uphill to the Bahundanda ridge. You will witness an excellent view of Himalchuli and Ngadi Chuli.

Trek Duration: 4 to 5 hours.

Overnight at Teahouse/Lodge.



DAY 5: BAHUNDANDA TO CHAMJE (1400 M).



Today we will be descending towards the river once again to reach a bridge at Syange. The trail now gradually climbs into an increasingly narrow canyon. After crossing the river on a good suspension bridge near Chamje, we continue to ascend. From here we will be climbing for an hour to reach the village of jagat and with another one and half hour walk we will reach our destination for today; Chamje.

Overnight at Teahouse/Lodge.

DAY 6: CHAMJE TO DHARAPANI (2160 M).

Another day of our journey. Today our journey leads with crossing a 60m long suspension bridge in Marshyangdi River. We will pass through bamboo and beautiful; Rhododendron forest and reach the village of Tal, 100 square meter plain area. In next couple of hours we will finally reach today's destination Dharapani.

Overnight at Teahouse/Lodge.





DAY 7: DHARAPANI TO CHAME (2630 M).



Today we will be leaving Dharapani behind we move forward to Chame, Capital of Manang district. After short walk we reach to Bagarchhap where you can see the influence of Tibetan culture. Continuing our journey, we will be rewarded with fine views of Annapurna II after reaching Chame.

Overnight at Teahouse/Lodge.

DAY 8: CHAME TO PISANG (3200 M).

Today we pass through rivers and bridges. Walking through forested path and rocky trails we reach to Dhukur Pokhari (Dove Pond) consuming 3 and half hours where you can have first view of Pisang peak. Crossing Bartang village on our way we reach to lower Pisang after an hour.

Overnight at Teahouse/Lodge.



DAY 9: PISANG TO MANANG (3540 M).



Pisang to Manang is uphill trail. We go on climbing as altitude also raises simultaneously. We cross several villages on our way to Manang and reach to Braga Gompa nearby Manang where you can have glimpses of Thangkas, Tibetan cultures and houses, monasteries as well. Manang is half an hour away from here.

Overnight at Teahouse/Lodge.

DAY 10: REST DAY AT MANANG

Today we spend a day acclimatizing in Manang, as we increase in height next day. We spend the day sightseeing and viewing the wonderful sights around the village. One can have



wonderful views of Annapurnas, Gangapurna and sights of Tilicho peak as well. Visit village of Manang to know more about locals and their culture. Overnight at Lodge/Teahouse.

Overnight at Teahouse/Lodge.

DAY 11: MANANG TO LETDAR (4250 M).

After having good times at Manang. We descend our trek to Lettar or Letdar. We gradually climb up hill through beautiful forest and many tiny waterfalls from chulu west/east after crossing tengi village nearby manang and reach to Yakkharkha. You can have sight of many, group of yaks and their calfs. Lettar or Letdar is a short walk from Yakkharkha.



Overnight at Teahouse/Lodge.

DAY 12: LETDAR TO THORUNG PHEDI (4520 M).



Make your way to the Thorong Phedi, a rock-strewn meadow surrounded by vertical cliffs at 4520 meter. Thorong phedi is situated at the bottom of the thorong la. Blue sheep and even snow leopards can be sometimes seen in this valley.

Overnight at Teahouse/Lodge.

DAY 13: THORONG LA (5416 M) VIA THORUNG PHEDI TO MUKTINATH (3740 M)

The journey from Phedi “bottom of the Thorong la” to the 5416m Thorong La pass begins the day. We start our trek before sunrise. Crossing late may bring strong wind and we cannot pass the Thorong la if snow covered the path. After reaching Thorong la one can have stunning views of Gangapurna, Khatung Kang, a heavily glaciated peak. Then we walk down to Muktinath for 3 hours trail with amazing mountains view.





Overnight at Teahouse/Lodge.

DAY 14: TREK TO JOMSOM (2713M).



We visit the Muktinath temple early in the morning. Then we go descend our trail through Jharkot village, Kagbeni, Ekle Bhatti to Jomsom which is the headquarters of Mustang district.

Overnight at Teahouse/Lodge.

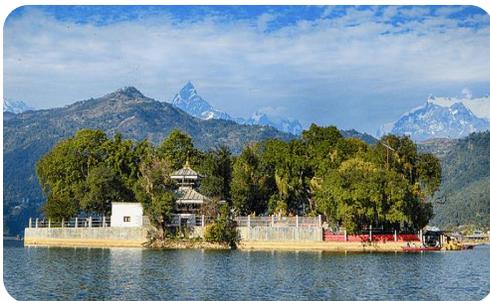
DAY 15: JOMSOM TO POKHARA. REST AND RELAX AT POKHARA

Fly from Jomsom to Pokhara. Rest and Relax in lakeside area. Overnight at selected hotel in Pokhara.

Overnight at hotel in Pokhara



DAY 16: POKHARA SIGHTSEEING



Take your breakfast. Today you will be visit Mahendra Cave, David Fall's, Old Bazaar. In the evening you can enjoy boating at Fewa Lake or just a stroll by the lake.

Overnight at hotel in Pokhara

DAY 17: FLY BACK KATHMANDU

You will fly back to Kathmandu today. Rest of the time is free to explore the streets of Kathmandu on your own.

Overnight at hotel in Kathmandu.





DAY 18: DEPARTURE

Today you will bid your farewell to Nepal until next time as you board your flight back home.

INCLUSIONS:

- All Airport and hotel transfer by private a/c vehicle.
- Three nights' accommodation in a star category hotel in Kathmandu on bb sharing basis.
- Two-night hotel accommodation in a star category hotel in Pokhara on bb sharing basis
- Three times meal (breakfast, lunch and dinner) during the trek.
- Full board Accommodation on sharing basis during the trek
- Kathmandu city tours including: all entry fees, tour guide and private vehicle.
- Land transfer from Kathmandu to Besisahar by private vehicle
- One highly experienced male guide, porters (1 porter for 2 people)
- Sleeping bag with liner
- TIMS Fee- Trekkers' Information Management System (Please furnish us with 2 passport size photos required for your permit).
- Annapurna Conservation Area Permit Fee.
- All forms of Government taxes.

EXCLUSIONS:

- Travel Insurance
- International airfare to and from Nepal
- Nepal Tourist Visa Fee US\$25 or equivalent foreign currency with multiple entry for 15days, US\$40 or equivalent foreign currency with multiple entry for 30days. Visa can be issued upon arrival at Tribhuvan International Airport- Kathmandu
- Items of personal nature
- Alcoholic beverages, cold drinks, mineral water, laundry, phone call, etc
- Any extra services which is not included in the "Cost includes" column





REMEMBER:

-  No reservation of hotel and airline has been made till we receive the confirmation
-  The room availability is subject to availability
-  Standard check in time at 1400 hrs and check out time is 12:00 hrs local time
-  If any extreme changes of unforeseen economical fluctuation such as fuel surcharge or exchange rates, otherwise rates should be re – proposed

TERMS FOR BOOKING:

-  50% of the total package cost must be deposited as booking amount and full payment must be done before departure
-  All the bookings are non-refundable once visa is applied and confirmation is done. Up to 100% cancellation charge can be applied depending upon airlines.

WHY US?

- ✓ Excellent Service
- ✓ Fair price
- ✓ Better Customer Relation

We, Rupse Holidays team express our earnest gratitude for selecting us as your travel partner and wish you a holiday with wonderful memories.

Bon Voyage!!!

RUPSE HOLIDAYS

Hattisar, Kathmandu, Nepal

Ring us on: +977 1-44456662

Visit us at www.rupseholidays.com

Follow us on

