



COMMUNITY ACTION TREKS

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# Annapurna circuit

Renowned as probably the best circular trek in the world, and rightly so!

NEPAL





**GRADE**  
**DEMANDING**

**MAX ALTITUDE**  
**5416m**

**TREKKING DAYS**  
**15**

**TRIP LENGTH**  
**21 DAYS**

**MIN PEOPLE**  
**4**

# Annapurna circuit

Our route takes us around the huge Annapurna Massif and offers a challenging pass, crossing the most dramatic of picturesque lowland villages, high mountain scenery as well as a fascinating mix of local people and culture. We will trek through the jungles of the sub-tropics, through lush green paddy fields and on to alpine forests and semidesert (similar to the landscape of Tibet), all the time offering stunning and superb views of the mighty Annapurnas.

We will also meet and be warmly welcomed by a fascinating mix of village people from many of the different ethnic groups of the area, both Hindu and Buddhist.

To enjoy the trek fully you need to be fit and walk regularly. Previous trekking experience is obviously an asset but is not essential. Bear in mind that ascents and descents on some days could exceed 1,000m, with steep sections in places. Time is spent at high altitude which may affect your performance, though rest days are built into the trek to help you acclimatise. If you have any doubts as to your suitability for the trek, please telephone us for advice.



**TREKKING WINDOW**  
**MAR - MAY & OCT - DEC**

## PRICE

**£1725 per person\* (land only price - see last page)**  
\*prices are subject to change



Annapurna circuit

# Itinerary

LODGE TREK

walking times are approximate

## Day 1

### Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and take you to your hotel. For the rest of the day, you can relax at the hotel or take a short evening walk around the local markets on your own.

## Day 2

### Free Day in Kathmandu

Explore the fascinating city of Kathmandu, with its temples and markets, or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley.

## Day 3

### Drive to Jagat 1340m via Besisahar (9 hour day)

This morning, we drive to Besisahar (approximately 5.5 hours) where you will immediately immerse yourself in the spectacular mountain wilderness that encompasses the Annapurna Range. We have lunch at Besisahar. Here we must submit our trekking permit to enter the Annapurna Conservation Area. After permit clearance we will change vehicles and drive in a 4WD to Jagat which will take another 3 and half hours. The road is quite bumpy and rough. After reaching Jagat, we will check into a lodge.

## Day 4

### Jagat to Dharapani 2100m (7 hours walking)

Today's trek continues through a 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.

## Day 5

### Dharapani to Chame 2670m (6 hours walking)

Marking the end of the great Marsyangdi Gorge, we have a steep climb to Timang. The trail then 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.





## Day 6

### Chame to Pisang 3200m (5-6 hours walking)

Throughout the day we cross the river several times as we pass through narrow, steep sided gorges. Nearing the village of Pisang, as we climb to the ridge, the path at times is built into the cliff face on wooden piers. We enjoy our first views of the Manang Valley, a wide U- shaped valley dramatically located between two lines of snow peaks. Pisang has changed little over the centuries and has a very medieval atmosphere. Across the valley stands Annapurna II, seemingly close enough to touch, with Pisang Peak rising behind.

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## Day 7

### Trek to Manang 3540m (5 hours walking)

Descending to the broad forested valley floor, we follow the trail through the flat valley. Passing a small grass airstrip, we cross the river once again to Braga. This is a village of about 250 houses stacked on top of each other, flat roofs forming verandas. We visit the Braga Monastery, believed to be at least 500 years old. It is the largest monastery in the district, which houses thankas and manuscripts as well as an outstanding display of over a hundred terracotta images that line the walls. Don't forget to take your shoes off before entering. From here it is only a short walk to Manang.

## Day 8

### Manang - Acclimatisation day

Today you have a chance to explore Manang, a village of about 550 flat roofed houses which is picturesquely set amongst spectacular scenery; Annapurna II 7937m, Annapurna III 7555m and Gangapurna 7455m to the south; Tilicho 7134m and the grand barrier to the west; Chulu West 6419m and Chulu East 6584m to the north and the glacial lake below. You could perhaps use today to revisit Braga Monastery, either early morning or late afternoon and visit the very atmospheric main temple. At these times, when the monks are worshipping, the building is filled with the fragrance of burning juniper. As an alternative there is a walk across the river from Manang around the lake below the Gangapurna glacier. Our Sirdar/guides will direct you. Acclimatisation days are a very important aspect of trekking and will undoubtedly assist with your success, as well as adding to the enjoyment of the trek.

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## Day 9

### Trek to Letdar 4200m (4.5 hours walking).

Today we walk further into the quiet distinct alpine areas through Yak Kharka, which means Yak Pastures, and true to its name there are many yaks to be seen in the area. Be careful when photographing them; they can be very temperamental. We arrive at Letdar for lunch.

## Day 10

### Letdar to Thorong Phedi 4450m (3 hours walking)

As we steadily branch away from the Marsyandi Khola keep your eyes open for Thar and Bharal, “blue” sheep. Crossing the Jarsang Khola we climb to a small grassy valley and camp. We have reached a point where altitude sickness may ‘kick in’ – if you are feeling unwell please tell your Sirdar and if necessary, move back down to Letdar.

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## Day 11

### Trek to Muktinath 3800m via the Thorung La 5416m (7 hours walking)

Though the crossing of the pass is not technically difficult, we take it slowly to avoid the complications of altitude and to cope with possible snow conditions. After approximately 4 hours we reach the top of Thorung La, one of the world’s highest passes, catching our breath and enjoying some stunning high Himalaya scenery. The entire Annapurna ranges in the south; the Mukut and Mustang Himal to the west and the incredibly deep Kali Gandaki Valley; and the peaks of Thorungste 6482m and Chulu to the north. During our steep descent to Muktinath we can enjoy the excellent views of Dhaulagiri – the world’s 7th highest peak 8167m.

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## Day 12

### Muktinath - Rest Day and exploration

A day to relax or explore the area. The walled temple complex of Muktinath has for centuries been an important place of pilgrimage for both Hindus and Buddhists, with a Buddhist gumpa and a pagoda style temple dedicated to Vishnu. There is a thin blue flame of burning natural gas that can be seen beneath the altar in Jwala Mai Temple. Within the courtyard of the Vishnu Temple are 108 brass waterspouts. Remember when visiting temples to be appropriately dressed; take off your shoes before entering and please do leave a small donation.

## Day 13

### Muktinath to Jomsom 2700m (6 hours walking)

The trail descends very quickly to the valley floor below, through a dramatic arid landscape, and continues to Jomsom. We continue walking to Marpha, which must be the cleanest village in the country. The long main street is paved with spotless flagstones winding past pristine white houses, each with piles of firewood neatly stacked to the roof. There are numerous well-kept lodges and Tibetan Craft shops. These two villages are the major villages on the Kali Gandaki trading route. We can enjoy the views of Tilicho Peak and Dhaulagiri.

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## Day 14

### Jomsom to Ghasa 2010m (6-7 hours walking)

The Thakalis are dominant in this valley, interestingly related to the Gurung and Magars of the southern slopes. We pass through Tukucho from where we get an impressive view of the mighty icefall tumbling down from the east face of the mountain. Keeping Dhaulagiri to our right we continue down the Kali Gandaki valley to Ghasa Village.





## Day 15

### Ghasa to Tatopani 1190m (6-7 hours walking)

As we descend, we may encounter caravans of mules carrying loads of food grains from Pokhara or Beni to supply Mustang and Jomsom. We pass through a few villages and agricultural fields, finally arriving at Tatopani (hot water) where you will have the opportunity to soak yourself in the hot spring to relax aching muscles and sore feet. Tatopani has been attracting trekkers since the 60's and whilst quite touristy these days, it is still laid back and mellow.

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## Day 16

### Tatopani to Ghorepani 2750m (7-8 hours walking)

Crossing the Kali Gandaki river, we slowly climb steeply up to the village of Sikha, which is inhabited by Magars. We stop for lunch before climbing high and steadily for the rest of the day leaving behind the terraced fields and entering thick rhododendron forest and the village of Ghorepani.

## Day 17

### Ghorepani to Ghandrung 1939m (7-8 hours walking).

Poon Hill 3193m, is one of the most famous places to watch the sunrise across the magnificent Himalaya including Dhaulagiri to Manaslu in the east and the Annapurna range. We can rise before dawn today for a 45 minute walk to Poon Hill. We start the morning with a steep and exciting climb to Deorali pass 2990m and the views on each side are among the best in Nepal. To the west we see Dhaulagiri and Gurja Himal, to the east Annapurna II, Manaslu 8163m and Himalchuli 7893m and above us towers the pyramid peak of Annapurna South. Below is the deepest river gorge in the world – the Kali Gandaki which is over 3 miles deep in places. From the pass we descend to Birethanti village which has a few teahouses and shops before continuing our trek to Ghandrung, the Gurung Village which is beautifully set against the peaks of the Annapurna South 7219m and Hiunchuli 6441m.

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## Day 18

### Ghandrung to Naya Pul, drive to Pokhara (4 hours walking, 2 hour drive).

We descend rapidly to Syauli Bazaar, a village with a few houses and shops and follow the Modi Khola downstream to reach Birethanti. We cross the Modi Khola and trek further down to Naya Pul. Meeting up with our porters, we collect our gear and depart by car/bus for the drive to Pokhara, where we can enjoy the luxury of a comfortable hotel after almost 3 weeks of trekking.

## Day 19

### Free day in Pokhara

Time to explore the tourist resort of Pokhara at leisure. Hire a boat on the lake or merely sit in one of the lakeside cafes and enjoy a good tea and some lovely homemade cake (or even egg and chips!) and reflect on your achievement over the last three weeks.

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## Day 20

### Early morning flight to Kathmandu

The rest of the day is free for packing, last-minute shopping or relaxing in the hotel.

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## Day 21

### Depart Nepal

Transfer to Kathmandu airport.

*Note: There is an option to make this a shorter trek by flying back to Pokhara from Jomsom.*





#### The price includes on lodge basis:

- Transfers between Kathmandu airport and hotel accommodation
- Journeys (by air and road) between Kathmandu and Pokhara, including departure taxes for internal flights, where applicable.
- Accommodation for 3 nights in Kathmandu and 2 nights in Pokhara in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary
- Three meals a day (open Lodge menus) and accommodation (sharing basis) during the trek.
- Participation in the trek as per itinerary inclusive of full board
- Services of local porters (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size)
- All Nepalese staff insurance as per Government regulations
- All trekking permits.

#### Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

#### Land only prices

The cost of international flights, particularly those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

#### Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

Please refer to our Himalayan extensions guide for more details. Extensions should be arranged prior to booking international flights.

## Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

#### DENISE PRIOR (LONDON)

+44 (0) 7986 372 558

deniseprior@catreks.com

#### BHAI B. TAMANG (KATHMANDU)

info@catreks.com

or visit our website at [www.catreks.com](http://www.catreks.com)

Community Action Treks,  
Stewart Hill Cottage, Near Hesketh Newmarket,  
Wigton, Cumbria,  
CA7 8HX

#### Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.