

Trekking Type : TeaHouse/Camping  
Trekking Grade : Medium-Hard  
Trekking Duration : 22 Days  
People In Group : 1+  
Trekking Price : \$.0  
Max. Elevation : 5416 mt.



[Annapurna Circuit Trekking](#) " [Adventure](#) through the Marshyangdi & [Kaligandaki](#) valley diverse picturesque scenery, from the paddy terraces to the high arctic terrain, constant views of the world's highest [mountain](#) range including Annapurna, Manaslu and Dhaulagiris ."

[Annapurna Circuit Trekking](#) from Beshishar the head quarter of Lamjung district and this is one of the classic and most rewarding treks in Nepal and probably the worlds' favorites trekking destination which offers panoramic views of the three giant and the highest 8000m mountain range **Mt.Annapurna**, Mt.Dhaulagiri and Mt.Manaslu including arrays of over [6000m snow capped peaks.](#) The trail follows **Marsyan** the river **gdi** all the way to its source, the glacial lake in

### Manang

, through the rural farm villages and terraced farm fields from the sub-tropic climate to the arctic landscape and through the rain forest to the alpine woodlands.

Southern slopes of the [Annapurna ranges](#) are heavily settled and farmed, except the higher regions which support thick forests of **rhododendron** and fir.

Most of the tribal inhabitants are Gurung's, Magars, Chettris and the Newars. Further north lives the Manang people of Tibetan origin. Our trek follows the

### Yak

country and finally over to the

### Thorung-la, 5,416m

pass offering fabulous scenery of the surrounding landscapes and magnificent peaks.

From here trail descends most of the way to **Pokhara** passing through the holy site of Muktinath.

**Muktinath** is one of the sources of the Kali Gandaki River. Through the deepest gorge of Kali Gandaki River valley and passing the charming villages of

### [Jomsom](#)

### Marpha

-Tukuche and Tatopani (

### hot spring

) we end our trek at Pokhara one of the most scenic places on this planet.

## **Trekking in the Annapurna Region...*Nature's delights envisaged in eco-realities...***

The Annapurna region is geographically based towards the north of Central Nepal. This area is known to be the most popular and a major trekking destination in Nepal. According to a recent survey by the Trekkers Paradise Group (TPG-USA) Annapurna region has been recognized as one of the world's best trekking trails to hike on. More than 40,000 tourists annually visit this area. The Annapurna trekking region consists of peaks Annapurna I, II, III, IV,

those of Annapurna South peaks, Mt. Dhaulagiri and several other peaks. The major highlights when trekking in this region are the ancient mid-western salt route settlements of Manang, Thorong La pass between Nepal and Tibet, Muktinath Temple and the deepest gorge of world Kali Gandaki. The Gateway to the Annapurna trekking region is the famous city of Pokhara.

Mustang, or Lo Manthang, the desert plateau located in the upper valley of the River Kali Gandaki, and to the north of the main Himalayan range also falls in this region. Tourist access to Mustang is controlled to help retain its exclusiveness. The highlights of the trek include the visit to the Mustang Palace, the visit to Lo Manthang and pony rides up to the Nepal-Tibet border.

The region is said to have seven ethnic groups living and working in this area, from Hindu farmers to Tibetan Lamas. The most prominent ethnic groups of Annapurna region are Gurungs, Thakali and Manangba. Due to the extremes of elevation the region contains a remarkable diversity of flora; from sub-tropical lowland forests of oak, bamboo and rhododendron in the south to the high alpine meadows and windswept desert plateaus in the north, most bordering Tibet. The Animals found here are pika, blue sheep and Himalayan Tahr.

The well known trekking routes of this region are Jomsom, Annapurna Circuit and Annapurna Base Camp, Sikles, Lamjung, Dhaulagiri, Upper Mustang and within the Pokhara area. The best time to visit is in spring and autumn. Unlike other parts of Nepal, even the monsoon months are ideal to visit Upper Mustang that falls in the rain shadow area. Most trekking routes in the Annapurna region are well serviced by teahouses or better known as tea house lodges.

**Whatever the areas of the trek chosen, it is most likely that Pokhara would be either the starting or ending point of your trek in the Annapurna region. *Encounters Nepal* is highly familiar & experienced on almost every trail in this area. We'll escort you into paths hardly tread before...trek the Annapurna with us & experience unique adventure...**

### **Itinerary List**

- Day 1** : Kathmandu to Besi-Sahar (175 km/ 7-8 hours): Drive by bus/car.
- Day 2** : Besi-Sahar to Bahundanda (1250 m.): Trek.
- Day 3** : Bahundanda to Chamje: Trek.
- Day 4** : Chamje to Dharapani (1890 m.): Trek.
- Day 5** : Dharapani to Chame (2715m.): Trek.
- Day 6** : Chame to Pisang (3185m.): Trek.
- Day 7** : Pisang to Manang (3350m.): Trek.
- Day 8** : Manang (Acclimatization Day in Manang): Rest.
- Day 9** : Manang to Yak Kharka: Trek.
- Day 10** : Yak Kharka to Thorung Phedi/ High Camp: Trek.
- Day 11** : Thorung Phedi/High Camp to Muktinath (3800m.): Trek.
- Day 12** : Muktinath to Kagbeni: Trek.
- Day 13** : Kagbeni to Marpha (2670m.): Trek.
- Day 14** : Marpha to Ghasa (2015m.): Trek.
- Day 15** : Ghasa to Tatopani (1190m.): Trek.
- Day 16** : Tatopani (Natural hot spring): Rest.
- Day 17** : Tatopani to Shikha (1920m.): Trek.
- Day 18** : Shikha to Ghorepani (2855m.): Trek.
- Day 19** : Ghorepani to Poonhill (3210m.) to Tadapani: Trek.
- Day 20** : Tadapani to Ghandruk (1950m.): Trek.
- Day 21** : Ghandruk to Pokhara via Birethanti: Trek, drive for one hour.
- Day 22** : Pokhara to Kathmandu (200 km/ 6-7 hours): Drive by bus/car or fly.

### **Note**

22Days Annapurna Circuit Trekking Itinerary we are proposing you is only on outline. You could use it to best fitness and interest when practically you are in the field our guide are very comfortable, flexible and understanding to make your trip with full of pleasure.