

## 1. Trip Overview

### **Annapurna Circuit Trek Trip Notes :**

- Travelers can reach to the starting point of the trip through public transport.
- Around 21 days will be spent in total for the trip.
- Moderate to difficult is graded as the difficulty level of the trip.
- Highest point during the trip will be at the altitude of 5416 m.
- Its best to visit on the months of February - May and October - December.
- 2 people can book and travel at minimum number.
- Breakfast in cities and Lunch and dinner will be provided during treks.
- Travelers will be accommodated in Lodges and tea houses on treks and in hotels in cities.

### **More Attractions About Annapurna Circuit Trek :**

- This trek consists of a number of trekking peaks that can be climbed.
- Travelers can explore unique cultures of various ethnic groups.
- Mind blowing panoramic views of Annapurna, Macchapuchre, and Dhaulagiri massifs with naked eyes.
- Diversified attractions of extensive flora and fauna and landscapes as well.
- Body relaxing natural hot springs to get soaked.
- Trails connecting and leading to remote though beautiful areas.

**Annapurna Circuit Trek** is the best trekking sites for people who are enthusiastic to encounter the unique variety of mountains, culture of Gurung, Managi and Thakali community's people and explore the close views of Annapurna, Dhaulagiri, and enchanting Machhapuchre mountains. Most rewarding trekking site with easy road excess, travelers will be taken through the trails of breathtaking and refreshing waterfalls on the way, gushing rivers on its own path and green hills and ethnic settlements. Starting from Syangha, passing through the remote though beautiful villages, awesome scenarios and more spectacular views, it will end at Pokhara, the heart of the country chilling with the body tiring but soul awakening adventures.

Annapurna Circuit Trek is also a better way to explore nature and the travelers will be wondering how the exciting 3 weeks passed so easily at the end as the this amazing trek will let all the visitors get busy in the exploration of the hidden beauty all the way from start to the end. The main attractions on the trip includes the highest point of the trek high Thorang Pass (5,414m) from the arid valley of the upper Manang which is home of Tibetan - Buddhist down to the Hindu Pilgrimage site of Muktinath, the Kali Gandaki valley and encounter of the World's Deepest George

## 2. Trip Includes

- Airport / Hotel / Airport pick up & drop off service by private tourist vehicle.
- 03 Nights Twin sharing accommodation in 3 star Standard Accommodation in Kathmandu) And 01 Night Twin sharing accommodation in Standard Hotel In Pokhara,Breakfast included.(If you need a single room, it can be arranged at an additional cost).
- All Standard meals while on trek (Breakfasts,lunchs and Dinners).
- Luxurious Guesthouse Accommodation during the trek.
- Full day guided sightseeing of kathmandu with well English Speaking Tour Guide.
- Tourist Vehicle (Kathmandu to Besisahar and Pokhara to Kathmandu).
- English speaking Trek leader/Guide.
- Porters to carry your bags(1 porter for 2 guests).
- Free Mount Glory Adventure Tshirt.
- Food,Accommodation,salary,insurance and equipment's for all staff.
- Annapurna Conservation Park permits and TIMS permit for trekking.
- All government,hotel and other applicable tax.
- Farewell dinner in typical Nepali Restaurant with cultural dance show.
- Trip Completion Certificate And Token Of Love.
- Official expenses.

### 3. Trip Excludes

- International Airfare and taxes.
- Travel insurance which covers emergency Rescue and Evacuation.
- Nepal Entry visa(visa is obtained in Nepal Airport immigration on arrival.USD 25 per visa for 15 days,USD 40 per visa for 30 days and USD 100 per visa for 90 days.All the visas are multiple entry visas.please carry 02 passport sized photograph for the visa.
- Lunch and Dinner in kathmandu.
- All items of personal expenses.
- Tipping for guide,porters and drivers( Tipping is expected).
- Any others expenses which are not mentioned on 'Price Includes' section.

**Note: Please bring 4 Passport size photos, copy of passport and travel insurance at Our First Meeting In Our Office.**

### 4. Trip Itineraries

Day 1: ARRIVAL IN KATHMANDU(1,400M/4,593FT) AND PRE-TRIP MEETING.

Trip Hours:

Accommodation: 3 Star standard Hotel

Max Altitude: 1400m/4593ft

Meals:

Day 2: KATHMANDU VALLEY SIGHTSEEING TOUR AND PREPARATION FOR THE TREK.

Trip Hours:

Accommodation: 3 Star Standard Hotel

Max Altitude: 1400m/4593ft

Meals: Breakfast Included

Day 3: DRIVE FROM KATHMANDU (1,400M/4,593FT) to Besisahar trek to Khudi (800m/2624ft).

Trip Hours: 7-8 Hours

Accommodation: Standard Trekking Lodge

Max Altitude:

Meals: Breakfast,Lunch And Dinner Included

Day 4: Khudi (800m/2624ft) to Sirung(2200m/7216ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 2200m/7216ft

Meals: Breakfast,Lunch And Dinner Included

Day 5: Sirung (2200m/7216ft) to Chamje(1,410m/4,626ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 2200m/7216ft

Meals: Breakfast,Lunch And Dinner Included

Day 6: Chamje (1,410m/4,626ft) to Dharapani (1,960m/6,430ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 1960m/6,430ft

Meals: Breakfast,Lunch And Dinner Included

Day 7: Dharapani (1,960m/6,430ft) to Chame(2,710m/8,891ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 2710m/8891ft

Meals: Breakfast,Lunch And Dinner Included

Day 8: Chame (2,710m/8,891ft) to Pisang(3,300m/10824ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3300m/10824ft

Meals: Breakfast,Lunch And Dinner Included

Day 9: Pisang (3,300m/10824ft) to Manang (3,500m/11,482ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3500m/11482ft

Meals: Breakfast,Lunch And Dinner Included

Day 10: Manang: Rest day at Manang for acclimatization.

Trip Hours:

Accommodation: Standard Trekking Lodge.

Max Altitude: 3500m/11,482ft

Meals: Breakfast,Lunch And Dinner Included

Day 11: Manang (3500m/11482ft) to Yak Kharka(4,110m/13,484ft).

Trip Hours: 3-4 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 4110m/13484ft

Meals: Breakfast,Lunch And Dinner Included

Day 12: Yak Kharka (4,110m/13,484ft) to Thorong Phedi(4,600m/15,092ft).

Trip Hours: 4-5Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 4600m/15092ft

Meals: Breakfast,Lunch And Dinner Included

Day 13: Thorong Phedi to Thorong La(5416m/17764ft) to Muktinath(3,800/12,467ft).

Trip Hours: 6-7 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 5416m/17,764ft

Meals: Breakfast,Lunch And Dinner Included

Day 14: Muktinath (3,800/12,467ft) to Marpha (2,670m/8,760ft).

Trip Hours: 4-5 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3,800/12,467ft

Meals: Breakfast,Lunch And Dinner Included

Day 15: Marpha (2,670m/8,760ft) to Kalopani (2530m/8300 ft).

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 2670m/8760ft

Meals: Breakfast,Lunch And Dinner Included

Day 16: Kalopani (2530m/8300 ft) to Tatopani(1,200m/3937ft)

Trip Hours: 6-7 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 2530m/8300ft

Meals: Breakfast,Lunch And Dinner Included

Day 17: Tatopani (1,200m/3937ft) to Ghorepani (2,850m/9,350ft)

Trip Hours: 7 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 2850m/9350ft

Meals: Breakfast,Lunch And Dinner Included

Day 18: Ghorepani (2,850m/9,350ft) to Tadapani (2,710m/8,891ft).

Trip Hours: 7-8 hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 2850m/9350ft

Meals: Breakfast Included

Day 19: Tadapani (2,710m/8,891ft) to Ghandruk to Pokhara (850m/2,789ft).

Trip Hours: 5-6 hours trek 1 Hour Drive

Accommodation: Standard Hotel

Max Altitude: 2710m/8891ft

Meals: Breakfast and Lunch Included

Day 20: DRIVE BACK TO KATHMANDU (1400M/4593FT) FROM POKHARA (1400M/4593FT) BY TOURIST BUS.

Trip Hours: 6 Hours Drive

Accommodation: 3 star Standard Hotel

Max Altitude: 1400m/4593ft

Meals: Breakfast,Lunch And Farewell Dinner Included

Day 21: Final Departure.

Trip Hours:

Accommodation:

Max Altitude:

Meals: Breakfast Included

## 5. Trip Useful Info

### Possibility To Customize Annapurna Circuit Trek

As per the time convenient and level of fitness we can modify Annapurna Circuit Trek as per the requirement of the travelers. The trek depends upon where you start and end your trek therefore it can be as long as 230km of 28 days or 160km of 10 days. It depends upon your physical condition and sightseeing and trek route. Also, jeep drive can minimize the trek. Throng La Pass is lengthy and comparatively longer.

- Besisahar to Nayapul – 18 to 21 days
- Besisahar to Birethanti – approx. 17 days
- Besisahar to Tatopani (then bus and jeep to Pokhara) approx. 15 days
- Besisahar to Jomsom (then a flight or jeep to Pokhara) – approx. 13 days
- Jagat to Tatopani – approx. 12 days
- Chame to Jomsom- approx. 10 days

### Accommodations

Mount Glory will provide you standard Hotel in Kathmandu with twin sharing basis on BB plan and Standard Accommodation in Pokhara. If the trekker is willing to have single room an additional charge of USD 50 per night is added. During the trek the travellers are provided with standard guesthouse where wooden beds with mattress and pillow are available. Trekkers have to share the bathrooms and toilets in Upper Mustang Trek. You will be provided with teahouses, and luxury lounge that depends upon your demand.

### Meals

We will provide you with standard breakfast on the same Hotel in Kathmandu. During the trek our guide will choose hotel for hygienic lunch according to your request. Breakfast and evening meal are served on the hotel where you will stay overnight. Our meal includes typical Nepalese food, continental food, and Sherpa's menu on the trek. Meal will be provided on your request from respective menu from the hotel.

### Physical Conditions

Trekkers should have proper health condition as he/she is trekking over 6-7 hours on easy trekking routes. Mount Glory itinerary is designed for proper acclimatization for each day. Trekkers with poor physical condition, who are having lung-related diseases are requested to take medical supervision before the trekking.

### Drinking Water

Water in the high mountain region may not be familiar with trekkers. So, you can buy hot water or mineral water in

affordable cost and Trekkers have to carry water treatment system if you feel the water in the mountain is unhygienic. But normal drinking water is available easily during the trek.

### **Routes Maps**

Routes maps will be provided to you by Mount Glory Team. This includes the minor itinerary of whole trekking with darkened routes. The trekking trail will be highlighted so one can easily find the trail route which makes the trekking interesting and easy.

### **Trekking Group Size**

Mount Glory is organizing its trekking with a minimum of 2 trekkers who are provided with our guide and porter. If your group consists of more than 20 members we will split the group and manage our guide and porter accordingly. 6 travellers are provided with an experienced guide and a porter per 2 travellers to carry your belongings.

### **Transportation**

Travellers are provided with a tourist private vehicle while they are on Kathmandu. There will be a tourist bus to Pokhara. If you need private vehicles and flight tickets we can manage for you. The minimum of 300 Dollar for tourist vehicle and flight ticket both ways.

### **Luggage And Bags**

Travellers can bring a maximum of 2 bags which include your day-to-day belongings like camera, clothes, sun screen glasses, etc. The bag which contains less needy things like sleeping bag, boots, or towels is carried by porters which shouldn't weigh more than 25 kg. If you are taking a flight then travellers have to pay USD 1 per kg if your luggage weighs more than 15 kg.

### **Guide And Porters**

Mount Glory will provide you an experienced trekking guide who will guide you throughout the trek. You are provided with a porter who carries 25 kg maximum weight for 2 trekkers. Our guides are licensed from the Nepal Tourism Department who have knowledge about the trails and the community you will be staying with.

### **Travel Insurance**

Trekkers should have international travel insurance of USD 10,000 as Mount Glory is not responsible for any emergency rescue operation that may occur due to high altitude and medical cases, also injuries and food-related health problems. We can only provide air ambulance service, helicopters, and other rescue operations if travellers already have international travel insurance. We are responsible for accidental problems of Mount Glory staff.

### **Weather Condition And Best Time Travel For Annapurna Circuit Trek**

The month of March to November is the best time for Annapurna Circuit Trek as the view of the landscape, gorges, and mountain views are at their best state. Winter trekking is not recommended for Annapurna Circuit as the temperature may drop.

down to -20 Degree celsius as very few people stay in the valley to watch over there property and cattle. There is strong wind at mid day in this trek so,trekkers are requested to have break for this bad weather.

### **Communication System During Trek**

Some places in the mountain have internet while some place don't. But our team can manage you internet facilities on your request for that you have to pay the internet bill. As, we trek high up in the mountain the signal receiver of communication office may not work at some places. so, you need to have some patience to get proper communication facilities.

### **Tips For Guide And Porter**

Tips are not mentioned as compulsory but you can make your trekking friends from Nepal happy by their services by giving them tips and gifts. Minimum of 10 per tips is usual for guides and porters and you can also give as much as you like.

### **Best Time To Travel**

March to May and september to November are the best month for trekking around the himalayas. Trekkers can also make their trekking plan on winter month as our professional team can decide the perfect time in cold month as well.

### **Personal Expenses On Trek**

Your personal expenses on the trek depends upon your expenses. You should have expenses for extra food and drinks besides Lunch ,Breakfast and Dinner which our company can afford. Also, expenses for shopping gears, alcoholic drinks and entertainment expenses depends upon you. It may be about minimum of USD 500 or according to you. Your credit card are not accepted in the mountain so you need to have require cash in kathmandu.

### **Itinerary and Changes**

We have 21 day Annapurna Circuit Trek. We can minimize or maximize your trek according to your wish and request before starting the trek. In case of certain problem like attitude, tiredness, our guide can re arrange the scheduled on your request. If trekkers some group have some problem then he/she stop on the way with our experienced porter or assistant guide while other will continue their trek.

## **6. Contact Us**

Phone Number: +977 9849856378

Email: sales@mountgloryadventure.com

Annapurna Circuit Trek

Mount Glory Treks & Expedition Email:sales@mountgloryadventure.com

We are located - Near to Bhagwati Mandir (5.6 km from Tribhuvan International Airport), Thamel Marg, Thamel, Kathmandu, Nepal.

Website Url: [www.mountgloryadventure.com](http://www.mountgloryadventure.com)

WhatsApp/Viber: +977-9849856378