



Annapurna Circuit Itinerary

Namaste

Trek along the trails where man has lived and traded across the Himalayan mountains for centuries, watched over by the sacred *Machhapuchhre* (Fishtail) mountain and the 8000m peaks *Annapurna South* and *Dhaulagiri*.

From thick green forest up to the dry plateau, trek through diverse and drastically different landscapes all the while with stunning vistas to stop and marvel at.

The *Thorung La Pass* reaching 5416 m in altitude is a major challenge of the trek and ample time to acclimatize is planned for your success.

We pass through villages, farmland and monasteries - learning about history and life in the Himalayas. This trek, between the *Marsyangdi* river valley and *Kali Ghandaki* valley in the *Annapurna Mountain Range*, is one of the most iconic treks in Nepal

Welcome to The Royal Beach Camp's *Annapurna Circuit Trek*.

- Day 1. Arrival to Nepal**
Pick up at the airport and transportation to *The Royal Beach Camp*. Settle in and relax by the riverside, in the evening join us for a hearty dinner before a good night's sleep.
- Day 2. White Water Rafting**
An adrenaline filled day white water rafting down the Trisuli river. We paddle through big wave trains and splashing class III+ rapids with telling names like Electric, Surprise, Upset and Ladies delight!
Evening meeting to plan for the trek.
- Day 3. Canyoneering in jungle waterfalls**
Hiking deep into the canyon and up along the jungle covered hillside. From the top we will repel, jump and slide down several awesome waterfalls!
Meeting up with the trekking team in the late afternoon and organise our final preparations for the Annapurna Circuit trek.
- Day 4. Drive to Syange**
After breakfast we pack up and drive to Syange, the starting point of the trek. Here we experience the lower foothills of the Annapurnas in all its beauty.
- Day 5. Syange to Tal (16 km, 8 hours)**
After an early breakfast we leave Syange and immediately enter a narrow gorge. Walking on the road with nice scenery of the Marsyangdi river below and waterfalls on the other side.
The Marsyangdi river keeps us company for the rest of the day. Lunch in Chame after which a steep climb leads up over boulders up to Tal.
- Day 6. Tal to Danaque (11 km, 5 hours)**
The trail is quiet and scenic with several waterfalls up to Dharapani and around lunch we get our first views of the Annapurna mountains.
Another couple of hours to the nice local village of Danaque, with Buddhist influences like a Mani wall and prayer wheel.
- Day 7. Danaque to Chame (12 km, 6 hours)**
With a steep and long climb through the forests to Timang, the day starts off with a difficult beginning, but the rewards are beautiful mountain views once we reach the top. After Timang the ascent is more gradual and pass through the occasional village.
The mountain views becoming increasingly more beautiful as we approach Chame - a lively village right next to the Marsyangdi river.
- Day 8. Chame to Pisang (14 km, 7 hours)**
A spectacular day of trekking with panoramas of the snow capped peaks of the Annapurna's as we hike all day along the Marsyangdi river!
Parts of the road is carved out of the side of the mountain and high above the river. The increase in altitude is visible as pine forests give way to open fields with sweeping views.



*Day 9. **Pisang to Manag (18 km, 8 hours)***

Another beautiful day on the Annapurna Circuit trek! The trail is a gentle climb with beautiful views all around you - take the chance to enjoy every minute of the hike.

Now moving higher we might start to feel some mild effects of the altitude, like changed sleeping pattern, lack of hunger or perhaps some headache.

*Day 10. **Acclimatization day in Manang***

Today we stay in the small village of Manang located at 3540 m. At the Himalayan Rescue Association we will join the short but informative altitude sickness information session.

We follow the important acclimatization techniques: resting our bodies, drinking lots of water, and on a hike to the Chongkor viewpoint with beautiful views of the ice lake, go high and sleep low.

*Day 11. **Manang to Yak Kharka (10 km, 5 hours)***

A tough climb starts the day as we can easily get out of breath and every step take a lot of energy at this altitude. The views on the Annapurnas and the flocks of birds flying in the sky as the sun warms us up will bring a little extra energy.

After the village of Gunsang the landscape changes to high alpine fields with shrubs and grazing goats. The trail climbs slowly to 4020 m and the cluster of lodges at Yak Kharka.

Yak Kharka translates to "yak pasture" and signifies the areas history and use as a place where yak herders take their animals for gracing.

Day 12. *Yak Kharka to Letdar (2 km, 2 hours)*

Now above 4000 m we take it very slowly and easy, following another important rule of acclimatization – going less than 400 m up in altitude per day.

Today is only 2 km to the village of Letdar at 4230 m, but walking very carefully and adjusting our bodies to the lack of oxygen will prepare us for tomorrow's big challenge.

Day 13. *Letdar to Thorung Phedi (6 km, 4 hours)*

We continue on an easy trail, Except for a couple of section with high risk of landslides, where we take extra care, the trail is easy to Thorung Phedi at 4540 m.

The afternoon allow us a hike to Thorung La High Camp reaching 4850 m, again going high and sleeping low to acclimatize.

Day 14. *Thorung Phedi to Muktinath (15 km, 10 hours) through Thorung La Pass*

The day you cross Thorung La will be the most beautiful, but also most difficult day of the entire trek.

We start very early in the morning as the weather is less windy and it gives us a good window to go through the pass if the weather is clear.

First we ascend to high camp and the altitude will make itself known. Every few steps will be difficult to breath and you'll feel tired.

After 4-5 hours we reach the bundle of prayer flags that marks the sacred Thorung La Pass at 5416 meter. After all that effort, it's pure joy to reach this point and look out over the mountains above and below.

We won't stay here too long, as we want to get back down to lower altitude. As we hike down we start to feel better by the minute. But the 1600 m descent to Muktinath is actually a more difficult trail than the ascent, so we have to continue keep our focus.

When we finally arrive in Muktinath at 3800m we we celebrate the day's great achievement!

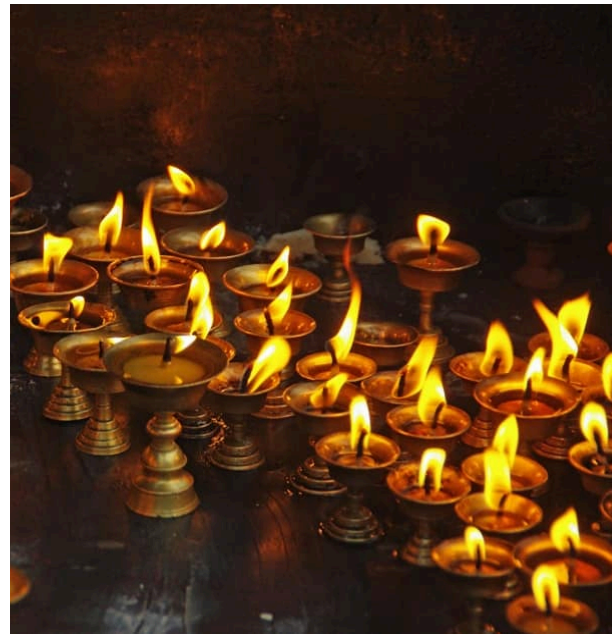
Day 15. *Muktinath to Jomsom (12 km, 4 hours)*

We leave Muktinath, a small village home to an important Vishnu temple popular among Hindu pilgrims, after a good night's sleep. Your muscles will feel sore from the steep and long descent the day before, so we take it easy on the trail.

Jharkot, the next village on route, is a traditional village with mud and stone houses. The signs of animist religions that predate Hinduism and Buddhism give a clue to its old age.

After Jharkot it is a beautiful hike down to Kagbeni. Another traditional village that is at the border of Lower and Upper Mustang. Mustang was once an independent kingdom that played a big part in the salt trade between Tibet and Nepal. The 15th century red monastery stands out between the whitewashed mud homes.

We continue to Jomsom along the riverbed of the Kali Gandaki river. The valley lies in the rain shadow of the mountains and the landscape is desert and contrast sharply with the deep blue sky and white snow capped peaks.



*Day 16. **Jomsom to Pokhara***

Choose between a short flight or a full day bus ride to the city of Pokhara. Explore the lakeside area in and have dinner at one of the many good restaurants.

*Day 17. **Back up day***

Back up day in case of bad weather on the trail.

If trek goes as planned this extra day can be spent enjoying Pokhara at your own leisure, perhaps getting a nice massage or going paragliding.

*Day 18. **Bus to Kathmandu***

Long day of transportation to Kathmandu. Walk around the Thamel area for some shopping and grab a delicious pizza or a great local Dal Bhat for your final dinner in Nepal.

*Day 19. **Departure***

Time to say Good Bye to Nepal - for this time. We organise with airport drop for the final departure.

Price: 1800 USD/person.

Incl.

- *White Water Rafting & Canyoneering at The Royal Beach Camp, incl. B/L/D and accommodation.*
- *Annapurna Circuit trek, incl. B/L/D and overnight in local Tea Houses.*
- *National Park Fees, permits and government taxes.*
- *Guides and support team.*
- *Airport pic- up & -drop, for both international and domestic flights.*
- *Hotel in Kathmandu & Pokhara.*

Excl.

- *International travel.*
- *VISA fees.*
- *Personal Travel Insurance,*
- *Lunches & dinners in Pokhara & Kathmandu.*
- *Optional domestic flight Jomsom – Pokhara (140 USD / person).*
- *Personal clothing and equipment suitable for the activities, & personal expenses, such as hot showers on the trek, drinks & snacks.*
- *Unforeseeable costs incurred due to accidents, strike, natural disasters, political unrest etc.*
- *Tips for guides, support staff and others who take care of you along the journey.*

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