

# Annapurna Thorong La Pass Circuit Trek & Annapurna round trek, cost, Itinerary 2020,2021



## Introduction

Annapurna through la passes circuit trekking in Himalaya. **The Annapurna circuit Trekking contains** some of the most beautiful scenery in all of the Himalayas. Their massive snow-capped peaks and turquoise blue lakes make for incredible sights to behold.

The region contains wonderful hot springs, raging rivers, impressive waterfalls plus awesome flora and fauna. The local residents are the wonderful Gurung people who have lived and farmed on terraced land for centuries. The trek begins in the sub-tropical regions of Besisahar and reaches alpine settings of Thorong La Pass at 5,416 meters (17,768 ft.)

Along the way, there are incredible views of the snowcapped peaks, which include Annapurna I (the 10th highest mountain in the world) along with Annapurna II, Gangapurna, Machhapuchhre and more. The trail starts out following the Marsyangdi River as it boils and races down its watercourse. The train passes through forests of oak, pine, and rhododendron. There are deer in the lower elevations and in the alpine regions, you will see blue sheep. If you are lucky, you may even see a snow leopard, which inhabits the snowy regions of the mountains.

Bird lovers will enjoy their time up in this area as there are blood pheasants, multi-colored impedance, koalas, and many more birds. During migration season, it is quite common to see birds who normally reside in Siberia. And there are plenty of colorful butterflies. The central village that you will trek to is Manang, home of Gurkha soldiers. It is from these villages that their sons have filled the ranks of the famed Gurkhas who make up the highly decorated units of the British and Indian armies.

There will even be a visit to Muktinath Temples, the sacred site to Hindus and Buddhists where an eternal flame has burned for centuries. This has been a very popular pilgrimage spot for well over 1000 years.

## Trip Facts

Trip Duration	10
Trip Grade:	Moderate to fairly hard
Best Season	Sept - Nov & Mar - May
Per Day Hiking:	5-7 hrs
Elevation	5416 m, Thorong la pass
Accommodation	Tea House
Group Size	2-15 PAX
Trip Start	Kathmandu-Kathmandu
Trip End	Bahundanda-Jomsom

## Itinerary Details

### Day 01 : Arrive in Kathmandu (1300m)

One of the representatives of Nepal Planet Trek will pick you at the international airport after completing all the formalities and drop you at the hotel. If there is enough time and you want after taking rest, we can take an evening walk. Stay overnight at hotel.

### Day 02 : Kathmandu Sight Seeing/prepare days.

In the second day of your visit, you will be visiting cultural world heritage places in Kathmandu valley which is well known for its culture and tradition you will be also visiting as temples; the most holy Hindu temple of Pashupatinath, Swoyambhunath Stupa (monkey temple), the world biggest Stupa, Boudhanath, and historical Kathmandu Durbar Square, and astonishing Kumari extensively known as Living Goddess in Basantapur, Kathmandu. Overnight in Kathmandu.

### Day 03 : Kathmandu – Beshishir-Bulbule Village

After having breakfast, we will drive to Beshisar from Kathmandu via Prithvi Highway witnessing the arresting landscape of Marsyangdi River and after reaching to Beshishir town then we will walk for around 2-hour to reach to Bhulbhule Village. Stay overnight at Bhul Bhule.

### Day 04 : Bule bhule to – Jagat (1290m)

Today After breakfast walk to Jagat, we go behind the twisting peak lane down all the way via Khudi village and Bhaun dada. The track will be followed by abruptly rose to ascend and the trail is cut into the perpendicular face of the cliff in the region of 200-300m above the river. Eventually, we move down to the stone community of Jagat Overnight in tea house.

### Day 05 : Jagat - Dharapani (1920m)

From Jagat, today we move toward the river and after that start to go up another time through the woods.

We will arrive at Chyamje, here we can see a superb cascade on the reverse bank. Then, we traverse one of the suspension bridges and go on a heaving trail on top of the river. We come downhill to a green riverbank and move to Tal encompassing teahouses and lodges. Leaving from Tal, the valley narrows, and the trail turns out to be lofty and winding. Before the lane moves downward we have some extra cliff-walking then we approach to cross a suspension bridge, and walk up and finally arrive at Dharapani.

#### **Day 06 : Dharapani - Chame (2630m)**

Today it we ramble for 6 to 7 hours to reach the destination at Chame from Dharapani. Here you will view the changing plants, inhabitants and the panorama to change. The trail then mounts through pine woods to Bagarchhap, the first population on the walk with distinctive Tibetan architecture. After that, we move toward Danaque passing via the farm, eye-catching pine forest with the view of enormous peaks of Annapurna II and Lamjung. Then, the path follows the flow Marsyangdi and passing by the community of Latamanang and Koto. After about half an hour walk you arrive at Chame for staying overnight at the hotel.

#### **Day 07 : Chame - Pisang (3190m)**

Observing the view of Lamjung Himal (6893m) incredible in the first gleams of sun, we start for trekking to Pisang. An eye-catching waterfall can be observed near Brathang village. With Pisang Peak, you can also notice the east mountain of Annapurna II. After that, we get nearer to an extended Mani wall and stroll on the path of the village of Pisang. We march in the region of five hours to reach Pisang.

#### **Day 08 : Pisang - Manang (3520m)**

From Pisang village today walk to Manang valley. We, catch a steady rise route for half an hour to arrive at the top and acquire our primary sight of the Manang valley. This exciting spot bestows superb sights of the valleys, Humde community and the immense peaks of Annapurna II, Gangapurna, and Chulu east, Tilicho, Pisang peak and several more. The trail moves more to Humde and pleasurable stroll will take you to the Braga community. From here plant life changes, you will see the distinction of panorama and dried up peak hills. We get to Manang for the night from Brathang after around half an hour walk.

#### **Day 09 : Manang Rest and Acclimatized Day (3520m)**

Today We will spend a day in Manang Village resting and allowing our bodies to become acclimatized to the altitude of (35440m/11,883ft). You have full day leisure or visit some View Point area for wonderful panoramic view around Manag village with encircled by some amazing scenery -Annapurna III (7,555 m), Gangapurna (7,454 m), Tilicho (7,132 m), to the South, to the West lies Chulu West (6,583 m) and Chulu East (6,059 m) to the North. Over night Manag.

#### **Day 10 : Manang - Ledar (4250m)**

We hike from Manang after finishing our breakfast where the landscape is more like Tibetan flat terrain. We will feel hard to breathing and take more time to wrap the short distance with the magnificent view of Annapurna Himal, peak 29 and Himalchuli. Climb the track and passing through the community of Gunsang, we come transversely through the Gundog River through a wooden bridge. We move toward

the small area of Ledar. It will walk for around three hours.

### **Day 11 : Ledar - Thorung Phedi (4500m)**

After leaving Ledar, we stroll for around three hours to get to Thorung Phedi. We rise steadily to an edge and then walk down to the Marsyangdi and trek from side to side to an enclosed wood bridge. After a small way up the peak lane on the right shore, we walk a slender track and then go down to Thorung Phedi. Overnight at Thorung Phedi.

### **Day 12 : Thorung Phedi – Muktinath (3800m)**

This is the challenging day of the whole trip. We start our trek very early in the morning. Then the path becomes steepest at first and takes us to the elevated camp. We will observe the wonderful sunrise and view of the enormous mountains from throng pass. We continually walk to the top which takes about 3 to 4 hrs to the top and observes charming scenery. We move down to the Mustang area and the Kaligandaki valley far beneath to the West. Finally, we arrive at Muktinath after 7 to 8 hrs lengthy walk and for the night at lodge.

### **Day 13 : Muktinath – Jomsom (2713m)**

Early morning we will visit the Lord Vishnu at Muktinath Temple. The temple is located on a lofty mass range and we can also see one hundred eight taps that pour sacred water. It is thought that one has to visit the holy place after concluding pilgrimages in India which is named as four Dhams. Likewise, the Jwala Mai temples close by holds a spring and an unending light lit by natural gas. Overnight at the hotel.

### **Day 14 : Jomsom – Pokhara**

Today, after finishing our breakfast we will soar from Jomsom to reach Pokhara and will have extra time in the afternoon in Pokhara and go around the valley. Overnight at hotel in Pokhara.

### **Day 15 : Pokhara – Kathmandu**

We can then fly back or take a vehicle to reach Kathmandu from Pokhara. In the evening, in Kathmandu, we will have a farewell dinner together. Overnight in Kathmandu.

### **Day 16 : Departure**

Our journey ends on the 16th day. Our representative will guide you to the airport and present farewell greetings.

### **Cost Includes**

- Pickup and drop international airport
- Two-night Hotel in Kathmandu BB.
- One night Hotel Pokhara with breakfast
- All transport via bus.



- Annapurna Conservation Entry Permits
- Trekkers' Information Management System (TIMS Cards)
- Three meals a day breakfast lunch dinner during the treks,
- Accommodation in the mountain at tea house lodge
- Guide: English speaking, insured, registered, well-equipped, salary, food and accommodation One porter between two.
- Emergency co-operation service, Medical kit box, safe drinking water
- Jomsom to Pokhara Via flight.

### **Cost Excludes**

Bar & beverage bills, Tea/coffee nature of personal expenses, Bottled water, desserts, heater, shower, insurance, personal clothes, tips to the staff, and service not mention.