



TREKKING ITINERARY

Annapurna Circuit Trek

- DAY 1.** Drive from Kathmandu to Besi Sahar (760m) - about 8 hours
- DAY 2.** Trek to Nagdi (920m) - about 6 hours walk
- DAY 3.** Trek to Jagat (1.290m) - about 7 hours walk
- DAY 4.** Trek to Dharapani (1.860m) - about 6 hours walk
- DAY 5.** Trek to Chame (2.650m) - about 4 hours walk
- DAY 6.** Trek to Pisang (3.185m) - about 7 hours walk
- DAY 7.** Trek to Manang (3.440m) - about 5 hours walk
- DAY 8.** Rest day at Manang for acclimatisation
- DAY 9.** Trek to Churi Leder (4.250m) - about 5 hours walk
- DAY 10** Trek to Thorong Phedi (4.450m) - about 4 hours walk
- DAY 11** Trek to Muktinath (3.800m) via Thorong La Pass (5.416m) - about 9 to 10 hours walk
- DAY 12** Rest day at Muktinath to explore the surroundings **
- DAY 13** Trek downhill to Marpha (2.667m) - about 7 hours walk
- DAY 14** Trek to Ghasa (2.013m) - about 7 hours walk
- DAY 15** Trek to Tatopani (1.189m) - about 6 hours walk
- DAY 16** Rest day at Tatopani to enjoy the natural hot spring bath
- DAY 17** Trek to Ghorepani (2.853m) - about 7 to 8 hours walk
- DAY 18** An early morning excursion to Poon Hill (3.210m) - about an hour, provides an even better and unobstructed view of the High Himalayas such as Dhaulagiri I, II, IV, V, Annapurna Ranges and Machhapuchhre / Mount Fish-Tail. After detouring sometimes here, we come down to Ghorepani for breakfast and after breakfast trek to Tapadani (2.640m) - about 5 hours walk
- DAY 19** Trek down to Ghandruk (1.952m) - about 4 hours walk
- DAY 20** Trek back to Naya Pool - about 5 hours walk. Drive back to Pokhara - about 1,5 hours

CONTACT

Mr Bijaya Pradhan, Kathmandu (Nepal)
Tel: 977 - 1 - 441 36 90 | **Mobile:** 977 - 985 103 78 66
E-mail: stt@mos.com.np | sttpradhan@gmail.com
Website: www.dreamnepal.com.np

TREKKING TIPS

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|---------------|---------------------------|
| TREKKING TIME | 20 days |
| DIFFICULTY | Moderate to Hard |
| BEST SEASONS | Spring & Autumn |
| HIGHEST POINT | 5.416m, Thorang La Pass |
| ACCOMMODATION | Mountain Lodges / Camping |

** REST DAY Muktinath

Muktinath is an important pilgrimage site for both Hindus and Buddhist people. The holy shrines at Muktinath are in a grove of trees; include a Buddhist Gompa and the pagoda style temple of Vishnu Temple, containing an image of Lord Vishnu. Around the temple is a wall from which 108 waterspouts, cast in the shape of cows' head pour forth-sacred water.

Even more sacred water can be found inside the ancient Tibetan style Jawala Mai temple which is located just right of pagoda. In this Gompa, behind a tattered curtain, are small natural gas jets that produce a perpetual holy flame alongside a spring, which is believed as a source of the sacred water. This auspicious combination of earth, fire and water is responsible for the religious important of Muktinath.



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