

# ANNAPURNA CIRCUIT IN 2 WEEKS

From Jagat to Jomsom, this trek progresses at an ideal speed and includes superb views over the entire Annapurna massif. Hike past enormous glaciers to the heart of the mountains during a carefully planned 14 day itinerary which showcases the highlights of Nepal. The adventure begins in the sup-tropical environment of Beshisahar. We progress up through the Marsyangdi valley to Manang and the rugged landscapes more than 3000m above sea level. As we climb up towards the towering Himalayan giants, we cross Tibetan villages, Brahmin and Gurung where prayer flags flutter in the wind. The Himalayan summits run to infinity: Manaslu, the Annapurnas II, III, IV, Gangapurna ... We cross the Thorong pass, at 5400 m to the valley of the Mustang where a change of scenery awaits: this valley is wider and more arid with mineral colours of ocher, red and green ... Sumptuous villages like Jarkot and Kagbeni punctuate our descent. The trek ends in Jomsom; from here we continue our journey to Pokhara, a small town at the foot of the Annapurna Massif.

 Region	Annapurnas, Manaslu & Dhaulagiri
 Activity	Trekking
 Duration	14 days
 Group	2 to 15 people
 Code	NEPANEX-EN
 Price	From €1,292
 Level	4/5
 Comfort	3/5
 Language(s)	English

## ITINERARY

### Day 1 Kathmandu



Welcome to Kathmandu! Your guide will greet you and escort you to your hotel. Depending on your arrival time, perhaps your trip leader can show you the old streets of Ason Tole and Indra Chowk and introduce you to the Nepalese way of living.

*Accommodation: Hotel*

### Day 2 Route: Kathmandu - Jagat (1120m)



Early morning departure by minibus to the village of Besishahar (850 m) where we meet our porters. Then we continue by car to Jagat, the starting point of our trek. Today's long journey is rewarded upon arrival with the magnificent setting of the Annapurnas Massif...

*Transport: 7 hours*

*Accommodation: Lodge*

### Day 3 Jagat - Dharapani (1975m)



Today we follow the Marsyangdi River; ascend to Chamje, then climb 300 m up to the village of Tal, in an old lake with a large waterfall. This afternoon we continue gently down to Dharapani, a beautiful village at the confluence of two rivers.

*Trek: 7 hours*

*Ascent/descent: +1000m/-450m*

*Accommodation: Lodge*

### Day 4 Dharapani - Chame (2715m)



It is a steep climb to Timang the High through a beautiful pine forest. From Koto, we have a remarkable view of Annapurna II and Manaslu. At Chame, we enter the Buddhist country: chortens, manis walls and the prayer flags decorate our route.

*Trek: 6 hours*

*Ascent/descent: +980m/-240m*

*Accommodation: Lodge*

#### Day 5 Chame - Pisang (3314m)



As we progress, the landscapes become more arid and fewer crops persist. Today we cross several Gurung villages and lovely views of the Himalayan mountain chain spanning from Manaslu to Annapurna II await. This afternoon, we visit the beautiful village and monastery of Upper Pisang.

*Trek: 5 - 6 hours*

*Ascent: +830m/-360m*

*Accommodation: Lodge*

#### Day 6 Pisang - Manang (3550m)



Our journey continues to Manang, with a viewpoint displaying a number of mythical Himalayan summits: Annapurnas IV, II, III, Gangapurna ... An exceptional setting! Depending on the conditions and group motivation we can pass through the old villages of Ghyaru and Ngawal along a beautiful balcony trail (+ 1 hour of walking).

*Trek: 6 - 7 hours*

*Ascent/descent: +400m/-100m*

*Accommodation: Lodge*

#### Day 7 Manang: Acclimatization/Rest day



A relaxed day dedicated to acclimatization in Manang. Important to optimize our success of the Thorong La passage. Several full/half-day excursion options possible to further explore the village and area.

Accommodation: Lodge

Day 8 **Manang - Yak Kharka (4220m)**



This short easy leg enables regular acclimatization to the altitude. We leave the banks of the river Marsyangdi and begin the gently climb up to the pasture of Yak Kharka. Afternoon at leisure to relax or enjoy a pleasant stroll.

Trek: 4 hours

Ascent/descent: +730m/-50m

Accommodation: Lodge

Day 9 **Yak Kharka - Thorong Phedi (4624m)**



It is a short walk to Thorong Phedi. Our path travels through yak pastures and alternates between ascending and descending sections. We are slowly advancing towards the bottom of the valley to save our breath. This afternoon, an additional acclimatization hike to Thorong Phedi base camp is possible (+ 400m and 400m return hike).

Trek: 3 - 4 hours

Ascent/descent: +1030m/-550m

Accommodation: Lodge

Day 10 **Thorong Phedi - Thorong La (5416m) - Muktinath (3802m)**



Departure in the very early morning for the Thorong Pass, the highest point of our trek. Fantastic panorama views reward our effort. After a tea and photo break at the pass, we start the steep descent to Muktinath, the first Mustang village and religious sanctuary for Buddhists and Hindus. Visit the small temple of Muktinath.



Trek: 7 - 8 hours

Ascent/descent: +940m/-1620m

Accommodation: Lodge

📍 Day 11 **Muktinath - Lupra - Jomsom (2700m)**



We leave Muktinath, cross an easy pass and continue our trek through beautiful alpine and arid landscapes. On the way, if luck is with us, we may see the himalayan bharal or 'blue sheep'. A relatively steep descent leads us to Lupra, a quaint village hidden by the gorges of the Lupra Khola. Far from the frequented trekking trails, Lupra has managed to preserve its charm. After a soothing stop in this calm village, we head towards the windy Kali Gandaki valley and Jomsom.

Trek: 5 to 6 hours

Ascent/descent: +100m/-1200m

Accommodation: Lodge

📍 Day 12 **Flight Jomsom – Pokhara**



Early morning flight from Jomsom to Pokhara, a lovely journey above the Kali Gandaki, the deepest canyon in the world, flanked by the Annapurna and Dhaulagiri massifs. Lunch and then an afternoon at leisure in Pokhara.

Accommodation: Hotel

📍 Day 13 **Drive: Pokhara – Kathmandu**



After breakfast, we take the road from Pokhara to Kathmandu through a vast stretch of Nepalese countryside. Upon arrival in Kathmandu, we visit the famous Swayambhunath Buddhist stupa. Also known as 'the monkey temple', it sits perched on a hill overlooking the sprawling valley of Kathmandu. Afternoon at leisure, why not take a stroll through the pedestrian district of Thamel?

Accommodation: Hotel

Dinner not included

📍 Day 14 **End of stay**



Depending on your departure time, you can organize a day exploring the jewels of the Kathmandu Valley: Bhaktapur, a pedestrian city located 15 km from Kathmandu. It is the most beautiful of the three imperial cities of the valley; Pashupatinath, Hindu site dating from the twelfth century, a cremation site dedicated to Shiva where pilgrims come to bathe in the sacred Bagmati River; the great stupa of Bodhnath located in the heart of the Tibetan quarter where many monasteries of exile were built. At the end of the day, hundreds of Buddhist enthusiasts come to visit this sacred place. It's a moment that is lived. There is a unique atmosphere! Contact us for more options and ideas.

The details in this programme are updated regularly but imponderables and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the programme may be made. For safety reasons, we reserve the rights to interrupt your participation in this programme at any time if your technical level or fitness are deemed unsuitable or if you are seen as a danger to yourself or to those around you. This will in no case give rise to refunds or compensation.

## DATES & PRICES

### **International departures:**

*No departure for now*

**Trip code: NEPANEX-EN**

### **Included**

- All in-country transfers by private vehicle as detailed in itinerary
- Accommodation in 3 \* hotel or B&B in Kathmandu (Hotel Tibet, Manaslu or similar)
- Accommodation in a 2 \* hotel in Pokhara (Hotel Lake View or similar)
- Trek includes full-board and lodging
- Full accompaniment by an English speaking Altaï Guide
- Visits as per itinerary: with a cultural guide in a private vehicle
- Luggage transport - up to 12kg maximum per person during the trek
- Trekking support team: assistants and porters
- Trekking permits: ACAP and TIMS
- Staff Insurance
- All local taxes

### **Not included**

- Entrance to historical sites & monuments
- Meals in Kathmandu - Lunch Day 1 & Dinner Day 13
- Nepalese visa: US \$ 25
- International flights
- Insurance: Repatriation, Medical & Helicopter Services
- Drinks, tips and personal expenses - all that is not in "THE PRICE INCLUDES"

### **Notes**

*For many years, we put our know-how and our experience of Himalayan destinations to the service of travelers from different horizons. You may find yourself in an international group with participants from our various partners.*

### **Level 4/5**

This trips demands a very good physical condition, suitable clothing and good hiking boots. Regular and serious training (running, swimming, brisk walking...) during the 2 to 3 months prior to your trip is recommended. This trek includes an average of 5 to 6 hours of hiking per day and daily elevations of +/- 1000m.

### **Terms and conditions**

#### **Inscription**

Booking a trip with Altaï Nepal implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

#### **Facturation**

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 30 days before your departure date. Altaï Nepal reserve the right to cancel your booking, free of charge, if this deadline is not respected.

#### **Annulation**

If for any reason you have to cancel your trip, Altaï Nepal require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained

- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

#### **Special cases:**

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

**Please note that fees apply according to the date Altaï Nepal receive your cancellation or modification request in writing.**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

#### ***Modification du contrat***

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Nepal may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

#### ***Prix et révision des prix***

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Altaï Nepal reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

#### ***Cession du contrat***

If you are unable to travel with Altaï Nepal for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

#### ***Insurance***

We strongly recommend that you take out personal travel insurance for your trip with Altaï Nepal as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)



## PRACTICAL INFO

### Staff

Armed with an abundance of experience and a wealth of knowledge, our professional guides are all real experts. This trip is led by a professional Nepali English-speaking Tour Leader, who is part of the Altai Nepal Team. During the trek, they will be assisted by junior guides, sirdar and porters.

### Food

#### Lodge meals

The international success of treks in the Annapurna and Everest regions influences the economy; tariffs for food and lodging are now set by the National Park and have increased sharply in recent years, but quantities and quality of food have paradoxically decreased. To offset this decline in quality and quantity of food and in order to focus on the local economy, we plan Dal Bhat daily for our menus. It is a balanced dish, full of energy and nutritive intake, not fatty and above all, very digestible (digestion is more difficult at altitude). For all challenging treks, we provide energy snacks (like dried fruits). Meals in Kathmandu and in the valley are not included in the trip price. You will have plenty of time to discover Indian, Bhutanese, Chinese, Thai and other cuisines. Please be aware that tap water is not normally drinkable. All drinks are at your own expense.

### Accommodation

In Kathmandu and other cities, you will normally be accommodated in 3 \* hotels. In more rural areas, we use homestay accommodation with varying comforts (they all have functioning beds, mattresses, tables, chairs, toilets, etc.) We love using homestay accommodation options which offer insights into Nepalese life and support local families. In addition, the use of lodges considerably reduces the number of porters and cut down the infrastructure of trekking.

### Transportation

Transport/transfer by bus, private minibus & plane.

### Budget & exchange

**The local currency is the Nepalese Rupee NPR.**

Visit <http://www.xe.com> for the latest currency converter and exchange rates.

You can withdraw Nepalese Rupees from in-country ATMs in Kathmandu and credit cards are accepted except in shops and hotels. Please budget for meals in Kathmandu, drinks, tips and other personal expenses.

### Tips

Tipping is very present in Nepal. It is an integral part of the 'tourism' culture of the country: independent of salary levels, your tip is seen as a sign of appreciation. The amount depends on your satisfaction with the services rendered and your generosity. Your guide will help you on this subject. Like money, if you have clothes to give, do not hesitate to seek advice from your guide who will make a fair distribution. We ask that you do not to give sweets and / or energy bars / chocolate to local children as there are virtually no dentists here in the mountains. The same rules apply to medicine, western medication is not necessarily adapted for the Nepalese and, moreover, following the correct dosage is extremely important.

### Vital equipment

- Warm Sleeping Bag
- Water purifiers (micropur, aguatabs ...)

#### From head to toe:

- A cap or sunhat
- 1 or 2 sets of thermals: long-sleeved thermal tops and full-length long johns
- Long sleeved and short sleeved t-shirts, preferably in quick-drying technical material
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable wind proof, waterproof jacket (Gore-Tex...)
- Lightweight waterproof over trousers
- Suitable shorts
- Walking trousers

- A pair of high-rise walking boots - strength, good grip of the foot and ankle (high stems) and impermeability are essential. Choose shoes with non-slip soles (vibram).
- A pair of trainers/sandels or equivalent casual shoes for cities, villages and evenings
- Thick walking socks
- Warm gloves, hat and scarf (it can be chilly in the mountains)

### **Do not forget**

Your personal toiletries and a fast drying towel

Water bottle(s). Min. 2 litres, light and isothermal

A good pair of sunglasses (think min. category 3)

Sun-cream, face and lips

Head torch and spare batteries

A pocket knife

A pair of hiking poles

A waterproof bag cover (or plastic bags) to protect your belongings

Toilet paper

Anti-bacterial hand gel

Your camera

Notebook or travel diary

## **Material**

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We prefer that you do not wear cotton clothing, including underwear, when participating in activities. When cotton gets wet from water or sweat it ceases to insulate and it does not dry fast. The best materials for outdoor activities are fast drying materials like polyester or materials which are warm when wet like wool.

The most powerful materials against the wind and rain are 'breathable' materials like Gore-Tex or Nikwax. Soft shell layers are effective against the wind.

### **Our advice for keeping warm**

Weather conditions in the high mountains can be variable, please think carefully about what clothes you pack especially for our winter trips and remember that the layers you wear next to your skin can make the biggest difference.

We recommend:

- No cotton
- Always carry dry spares of everything, including underwear and gloves

Wear multiple layers including:

1. A warm breathable base layer
2. A second thermal layer
3. Wind and water proof protective outer layers

## **Luggage**

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Your luggage must be divided into two bags:

- A rucksack (35-40L or 45-50L) for use as a day bag. This will contain your (vital) personal belongings for the day (sweater, spare t-shirt, water bottle, picnic-lunch, sunglasses, small things ...)
- We use porters to transport our other belongings when trekking. Please bring a flexible travel bag with zips for easy access max 80L and max 13kg (16kg with camping gear). Please do not bring suitcases or other hard bags which the porters cannot transport.
- You may also be able to store some belongings securely at the hotel in Kathmandu.

To protect your bags, we will provide solid waterproof Altaï Bags.

## **Medicine**

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Your guide is a trained first-aider and will carry a full first aid kit at all times during the trip. We recommend that you bring a small personal first aid kit containing any medication you may need such as inhalers, plasters, antiseptic and painkillers.

## **Document**

## Passport

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Your passport should be valid for at least six months after the last day of your stay. It is your responsibility to confirm your specific passport requirements and please be aware that proof of onwards travel may be required.

## Visa

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It is your responsibility to confirm your specific visa requirements. Please bring valid passport photos with you to obtain a visa upon arrival.

To obtain trekking permits, your passport and photo ID is also required. Please provide us with good quality scans of your passport and 2 photos of identity.

For an individual visa, obtained on the spot as you arrive in Kathmandu, rates are as follows:

- 15 days : 25 US\$ + 1 picture
- 30 days : 40 US\$ + 1 picture
- 90 days : 100 US\$ + 1 picture

## Mandatory vaccines

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No mandatory vaccinations are required. Recommended vaccines include Typhoid, Hepatitis A, Hepatitis B, Rabies, Japanese Encephalitis, and Influenza.

## Health information & recommendations

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It is your responsibility to check that your personal health insurance covers everything in this trip. A consultation with your doctor is a prerequisite for any trip and we advise you to visit your dentist too as untreated cavities have an annoying habit of waking up with altitude.

### Hygiene Recommendations

Water is not drinkable in Nepal. It is always possible to buy bottled water but in order to limit pollution and preserve natural areas, we strongly recommend that you drink purified water. For that, think to bring a water bottle of minimum 1.5 liters and purifying tablets (micropur, agua tabs ...). Consume only treated water or water which has been boiled for 30 minutes and then filtered. Be sure to wash your hands frequently, and definitely before each meal (anti-bacterial hand gel is recommended) and take care to disinfect any skin wounds. Avoid drinking natural drinks like pressed fruit juice and do not consume ice cream or "lassi" (a milk-based beverage) bought in the street. Meat and fish / shellfish should be well cooked before consumption.

## Weather

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From the eternal snows of high peaks to the tropical lowlands, Nepal has a wide variety of climates.

- **In autumn** (October to mid-December) the days are very beautiful but can be fresh at altitude. At 3000 m altitude, temperatures can drop to -10 ° C (14°F) at night.
- **In winter** (mid-december to mid-february): The nights are generally cold and the climate is dry. If night time temperatures drop easily below 0 ° C (31°F) to 3000 m, the days are often sunny. Treks below 4000 m are very pleasant. There are very few tourists at this time.
- **In spring** (March to end of May): in this season, Kathmandu is in full bloom and the rhododendrons are magnificent. The weather is pleasant, it is getting hotter with some night storms. Temperatures vary between 10 and 28 ° C (50 - 83°F), but can rise to over +30 ° C (+86°F). Between 2000 and 3000 m, temperatures rarely drop below 0 ° C (32°F). A few rare frosts or snowfalls are possible in March from +4000 m.
- **In summer**: it is the monsoon season. This interrupts the majority of trekking from June until the end of September. However, certain regions of the "Trans-Himalayan" zone, Mustang and Dolpo remain sheltered from the monsoons - these are the only circuits available in Nepal in the summer.

## Electricity

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In recent years, due to a lack of hydropower facilities, electricity and water outages are becoming more frequent in Nepal, especially in Kathmandu (mainly in winter and spring). The hotels have generator but the electricity is limited. It is the same for the consumption of water.

## Local time

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Coordinated Universal Time (UTC)/ Greenwich Mean Time (GMT) +5.45. Daylight Saving Time (DST) is not observed here.

## ***Sustainable tourism***

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As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take responsible tourism very seriously. We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

Since the beginning, we have advocated for responsible tourism and the importance of equitable and sustainable principles. Harmonising these fundamentals ensures a fair distribution of economic benefits, improved working conditions for local teams and an increased awareness of the importance and practice of environmental protection. We hope that all of our clients will respect our philosophies and embrace these attitudes.

The Leave No Trace policy can be summarized in 7 simple steps which we hope you will follow during our trip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it
5. Be careful with fire
6. Respect wildlife
7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates.

Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities. We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.