



## Trekking – Nepal - Annapurna Circuit

**19 Days 18 Nights**

**Day 1** Starting from Kathmandu, drive by local bus to Besisahar, starting point of trek. (5 hours 823 mtrs.). Over night or trek to Khudi (2/3 hours).  
Overnight in lodge.

**Day 2** Trek to Bahundanda (5/6 hours 1311 mtrs.).  
Overnight in lodge.

**Day 3** Trek to Tal (6/7 hours 2130 mtrs.).  
Overnight in lodge.

**Day 4** Trek to Brathang (4/5 hours 2540 mtrs.).  
Overnight in lodge.

**Day 5** Trek to Hunde (6/7 hours 3120 mtrs.).  
Overnight in lodge.

**Day 6** Trek to Manang village via Braga monastery (3/5 hours 3351 mtrs.)  
Over night in lodge.

**Day 7** Rest day for acclimatization.  
Over night in lodge.

**Day 8** Trek to Yak Kharka (4/5 hours 4230 mtrs.).  
Overnight at lodge.

**Day 9** Trek to Thorong Phedi (3/4 hours 4860 mtrs.) or continue your journey to high camp, depending on your physical condition.  
Overnight at lodge or camp.

**Day 10** Wake-up early morning, walk up to top of Thorong-la pass (3/4 hours 5416 mtrs). Enjoy a hot cup of tea and descend to Muktinath (4/5 hours.).  
Overnight in lodge.

**Day 11** Trek to Marpha (6 hours 2,620 mtrs.).  
Overnight in lodge.

**Day 12** Trek to Ghasa (6/7 hours 2,030 mtrs.).  
Overnight in lodge.

**Day 13** Trek to Tatopani (hot spring) (6/7 hours 1,130 mtrs.).  
Overnight in lodge.

**Day 14** Trek to Ghorepani (7/8 hours 2853 mtrs.).  
Overnight in lodge.

**Day 15** Wake-up early morning and walk-up Poon Hill to see sun rise (1 hour 3210 mtrs.). After sun rise back to the lodge, breakfast and continue trek to Tadapani (5/6 hours 2,630 mtrs.).  
Overnight in lodge.

**Day 16** Trek to Ghandruk (3 hours 1951 mtrs.).  
Overnight at lodge.

**Day 17** Trek to Pothana (7 hours 1430 mtrs.).  
Overnight at lodge.

**Day 18** Trek to Phedi (3 hours). Drive by bus to Pokhara (30 minutes).  
Over night at "Hotel Plaza Annapurna".

**Day 19** Drive by tourist bus to Kathmandu (7/8 hours).  
Overnight in selected accommodation in Kathmandu.

### **Cost A\$1,250 per person twin share**

#### **Includes:**

- Transfer Kathmandu to Besisahar by bus
- An English speaking government registered guide
- Lodge accommodation on trek
- Three meals daily (breakfast, lunch and dinner) on trek
- Tea and coffee (cup) three times daily on trek
- Annapurna Conservation Area Protection permit
- Phedi back to Pokhara by bus
- One night in Pokhara at Hotel Plaza Annapurna
- All expenses for guide on trek.

#### **Excludes:**

- Hard and soft table drinks,
- All confectionary and snacks,
- Private vehicle transfer or flight fares,
- Heating charges for hot water for shower and boiled drinking water,
- Personal expenses, personal, insurance,
- Meals in Kathmandu and Pokhara, departure tax and tips etc..