



## 14 OR 18 DAY ANNAPURNA CIRCUIT

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**Trip Duration:** 14 or 18 days

**Trip Difficulty:**

**Destination:** Nepal

**Begins in:** Kathmandu

**Activities:** 

### INCLUDED

- Airport transfers
- 2 nights hotel in Kathmandu before/after trek
- Ground transportation
- Flights to/from Kathmandu - Pokhara
- National Park fees
- Expert guides & porters
- Accommodations during trek, double occupancy
- Meals & beverages during trek

### EXCLUDED

- Airfare
- Lunch or dinner at hotel
- Beverages at hotel
- Personal gear & equipment
- Tips

### Ultimate Expeditions®

500 N. Michigan Ave., Suite #600

Chicago, IL 60611

PH: (312) 809-7007

FAX: (312) 348-7223

[Info@UltimateExpeditions.com](mailto:Info@UltimateExpeditions.com)

[www.UltimateExpeditions.com](http://www.UltimateExpeditions.com)



## Ultimate Expeditions®

**The Best Adventures on Earth.**

Ultimate Expeditions® was born out of our need for movement, our connection with nature, and our passion for adventure.

**We Know Travel.** Our staff has traveled extensively to 40-50 countries each and have more than 10 years of experience organizing and leading adventures in all corners of the globe through the world's most unique, remote, beautiful and exhilarating places. We want to share these destinations with you.

**Why Ultimate Expeditions®?** We provide high quality service without the inflated cost. Our goal is to work with you to create the ideal itinerary based on your needs, abilities and desires. We can help you plan every aspect of your trip, providing everything you need for an enjoyable experience.

## 14 OR 18 DAY ANNAPURNA CIRCUIT

### Itinerary (14 Day)

#### DAY 1 Arrival Kathmandu

Namaste and welcome to colorful Kathmandu where our friendly Ultimate Expeditions representative will meet you at the airport and drive you to your hotel. During this meet and greet your guide will discuss the daily activities of your trip.

#### DAY 2 Drive to Besi Sahar, Trek to Bhulbule (2,690 ft / 820 m)

The day starts early with a drive towards the breathtaking landscape of Annapurna's giants to Besi Sahar. From here the trek begins, passing through several villages, a tropical forest and crossing the Khudi Khola on a suspension bridge to Bhulbule.

#### DAY 3 Trek to Jagat (4,265 ft / 1,300 m)

The trail descends steeply and winds its way through the hillside toward Jagat. After passing through the village of Syange we begin to climb along the trail that is carved into the cliff side and make our ascent to the ancient village of Jagat located on a shelf, jutting out into the Marshyangdi valley.

#### DAY 4 Trek to Bagarchap (7,086 ft / 2,160 m)

Our day begins with another descend and meanders through a bamboo and rhododendron forest. A bridge crossing gets us to Sattale, then the large settlement of Tal. We follow the rugged trail to pass the village of Karte and Dharepani until reaching Bagarchap where Annapurna II comes into focus.

#### DAY 5 Trek to Chame (8,891 ft / 2,710 m)

We head up through forests of oak and maple to Dhanakyu and reach a large waterfall. Further on we pass the village of Latemarang as the trail winds its way across several forested ridges to Kotho, and finally Chame, the administrative headquarters for the region. Views of Lamjung, Annapurna II and Annapurna IV are a stunning backdrop for the night.

#### DAY 6 Trek to Pisang (10,859 ft / 3,310 m)

From Chama we will cross a bridge over the Marshyanghi and hike until reaching Teleku then pass the apple orchards to the village of Bhratang. Here the landscape unfolds dramatically as the peaks become more prominent. The trail continues steeply and after crossing two more suspension bridges before we enter the village of Pisang.

#### DAY 7 Trek to Manang (11,614 ft / 3,540 m)

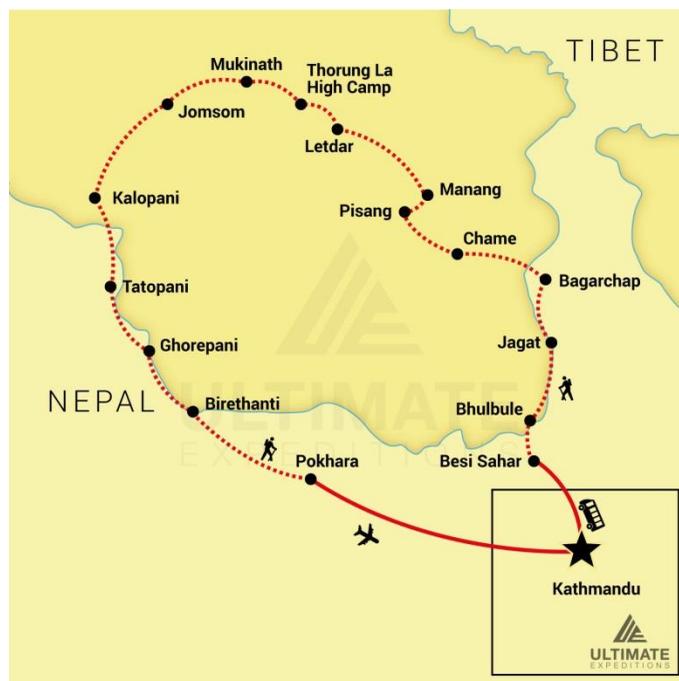
The trail climbs along a ridge providing beautiful views of Manang valley and Tilicho peak, before descending into the valley and on to Hongde via Manang's airstrip. We cross a bridge into the village of Mungji and continue on to Bryaga, until reaching our final destination Manang. Views of the Annapurna range today are abundant.

#### DAY 8 Manang (11,614 ft / 3,540 m) \*Acclimatization Day\*

As we gain elevation it is important to rest and recover, this allows our bodies to get use to the environment and thinner air. Today can be spent exploring the area, hiking short distances and relaxing. The crossing of Thorong La is still to come.

#### DAY 9 Trek to Letdar (13,943 ft / 4,250 m)

After a day of rest the trek today begins with a stream crossing and short climb to Tengji, we then head into the Jarsang Khola valley. The higher altitude reveals itself with displays of a sparse forest of juniper and alpine grasses, until reaching Letdar.



**DAY 10 Trek to Thorung La High Camp (15,912 ft / 4,850 m)**

A descend towards the Marshyangdi River leads to a bridge, once across we tackle the unstable sloping narrow trail and then descend to Thorung High Camp.

**DAY 11 Cross Thorung La Pass and Descend to Mukinath (12,467 ft / 3,800 m)**

The climax of the Annapurna Circuit starts with an early morning start on the steep yet well-defined trail that grants us passage. We reach prayer flags after approximately 4 hours of steady climbing and are greeted with an outstanding view of the Himalayan region. As we descend the moraine gives way to grassy slopes and the trek to Mukinath is pleasant.

**DAY 12 Trek to Jomsom (8,900 ft / 2,713 m)**

Heading towards Jomsom a large town that stretches along the river banks, the descent is easy and scenery dramatic. Spectacular views emerge of Dhaulagiri and Nilgiri as we continue down the Kali Gandaki valley through the Tibetan influenced villages of Jharkot and Khingar.

**DAY 13 Flight to Kathmandu via Pokhara / Jomsom (3,280 ft / 1,000 m)**

An early morning flight gets you from Jomsom to Pokhara and then onto Kathmandu. Once in Kathmandu you are free to explore the city, relax or get some shopping done.

**DAY 14 Depart Kathmandu**

Our Ultimate Expeditions representative will drive you to the airport in Kathmandu for your return flight home.

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Heading towards Jomsom, the descent is easy and scenery dramatic. Spectacular views emerge of Dhaulagiri and Nilgiri as we continue down the Kali Gandaki valley through the Tibetan influenced villages of Jharkot and Khingar.

**DAY 13 Trek to Kalopani (8,300 ft / 2,530 m)**

The trail from Jomson to Kalopani passes through the villages of Sauru, Kobang and Larjung. The days trek is approximately 7 hours.

**DAY 14 Trek to Tatopani (3,900 ft / 1,190 m)**

Ah enjoy the thicker air! Today's trek will lead us to the village of Tatopani which means "hot spring," in the Nepali language. This soothing bath is a warm welcome after the days hike.

**DAY 15 Trek to Ghorepani (9,383 ft / 2,860 m)**

We begin the long ascent to Ghorepani, passing villages with terraced and inclined farmlands. The landscape is lush and contrasting to that of the Kali Gandaki valley. The Dhaulagiri range comes into focus, offering stunning views until we reach the village of Ghorepani.

**DAY 16 Ascend Poon Hill, Trek to Birethanti (3,362 ft / 1,025 m)**

To catch a breathtaking sunrise view over the Annapurna and Dhaulagiri massifs, will require an early morning rise to hike up Poon Hill. We then descend to Birethanti and finally Pokhara.

**DAY 17 Fly Pokhara to Kathmandu**

An early morning flight from Pokhara will take you back to Kathmandu, where you can spend the day relaxing in your hotel, sightseeing or shopping. Overnight in a hotel in Kathmandu.

**DAY 18 Depart Kathmandu**

Our Ultimate Expeditions representative will drive you to the airport in Kathmandu for your return flight home.

## NEPAL

### Best Time to Visit

It is possible to visit Nepal year round, but spring and autumn are the two most favorable seasons for trekking.

#### March, April and May (Spring)

These months are considered to be the best in terms of weather and beauty; they are also the busiest months. Days are warm with an occasional rain shower that invites an array of blooming wildflowers, displaying vibrant colors on a lush backdrop. Hikers say it's the most pleasant time to trek.

#### June, July and August (Monsoon)

The monsoon season brings severe rains making the certain routes impassable. Lodges and trekking operations in some areas are closed during this time, but there are options for trekking around Annapurna and Manaslu which receive significantly less precipitation than the more southerly areas.

#### Mid-September – November (Autumn)

The weather is dry and skies are generally clear, with mild to warm days and cold nights. Nights can easily drop to below zero freezing temperatures.

#### November – February (Winter)

Generally dry with daytime temperatures cooler and very cold nights. The days are typically clear with occasional winter storms. Trekking during this mid-winter season can be more challenging in the high altitudes.

Temperature

Month	Jan	Feb	Mar	Apr	May	Jun
Average High (F)	60	63	70	77	79	80
Average Low (F)	40	44	50	57	63	69

Month	Jul	Aug	Sep	Oct	Nov	Dec
Average High (F)	79	79	78	74	68	61
Average Low (F)	70	70	67	59	49	42

### Entry Requirements

Most nationalities must hold a valid passport, with at least six months beyond your proposed date of your trip. Citizens of USA, UK, Canada, Australia and other European Union nations must have passports. We recommend obtaining a visa upon arrival at Tribhuvan International Airport.

### Vaccinations

The following vaccines are recommended for travel to Nepal. Hepatitis A& B and Typhoid are recommended for all travelers. Polio - One-time booster. Yellow Fever – is



required when arriving from a yellow-fever-infected area. Measles, mumps, rubella (MMR) - Two doses recommended for everyone born after 1956, if not previously given. Tetanus-Diphtheria - Revaccination recommended every 10 years. Japanese Encephalitis - You may need this vaccine if your trip lasts longer than a month, depending on when and where you are visiting. Rabies - Only necessary if visiting lowland areas, like Chitwan.

Malaria – avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria. Talk to your doctor about how you can prevent malaria while traveling.

### Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into Nepal. This will eliminate any credit card holds for fraudulent activity.

### Currency

The best places to exchange money is in Kathmandu. Local currency is the Nepalese Rupee, however some establishment do accept USD. Better hotels, lodges, and camps will accept credit cards. It is advised to carry local currency when visiting remote areas and villages.

### Government

The politics of Nepal function within a framework of a republic, with a multi-party system.

### Religion

Citizens of Nepal identify themselves with Hinduism 81.3%, Buddhism 9%, Islam 4.4%, Kirat 3.1% and other 2.2%