



Annapurna Trek - 20 Days



Trip Facts

Destination	Nepal
Duration	20 Days
Group Size	2 -30
Trip Code	DWT23
Grade	Challenging
Activity	Annapurna Treks
Region	Annapurna Region
Max. Altitude	Thorong La Pass 5416 m
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approx. 4-6 hrs walking
Accommodation	Hotel in Kathmandu, Pokhara and Hotel/Lodge/Tea House during the trek
Start / End Point	Kathmandu / Kathmandu
Meals Included	Breakfast in Kathmandu, Pokhara Hotel and All Meals (Breakfast, Lunch, Dinner) during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec.
Transportation	Airport pick up & drop off, Kathmandu Sightseeing by Private Transportation, Kathmandu to Pokhara by Private Transportation, & Pokhara to Kathmandu by Tourist Bus.

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

This trek takes you to the magnificent Annapurna Circuit, letting you enjoy the dramatic gorges, glorious snow peaks, fierce rivers, traditional villages, Buddhist monasteries, and Hindu temples as you circle...

This package includes a 7-8 hour local bus ride from Kathmandu to Besisahar or Bhulbhule (approx. 172.9 km). However, for an additional cost, you can book a private Jeep for comfort. You also have an option to return to Kathmandu on a flight from Pokhara at an extra cost. Discovery World Trekking recommends all our guests to arrive at Kathmandu airport by 3 pm, at least one day before the trek departure date. It is necessary because, during this time, we will be holding a trip briefing. In trip briefing, we will recheck your luggage to ensure you have packed all essential things. The briefing also provides us an opportunity to inform you about the trek details.

About the Trip

This trek takes you to the magnificent Annapurna Circuit, letting you enjoy the dramatic gorges, glorious snow peaks, fierce rivers, traditional villages, Buddhist monasteries, and Hindu temples as you circle the Annapurna massif. In addition, you will spend a few days in Kathmandu Valley, exploring its historical and cultural richness as you enjoy Nepali hospitality.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

Highlights

- 🗂 Experience the beauty of the alpine region of Nepal
- 🗂 Yaks and their pastures
- 🗂 Relaxing hot springs at Tatopani
- 🗂 Stay at the stunningly beautiful Jomsom, the headquarters town of the Mustang district.
- 🗂 Spend a day in Pokhara, the tourist capital of Nepal
- 🗂 Spectacular views of Mount Annapurna, Thorung Peak, Nilgiri, Chulu West and East, Tukucho Peak, Dhaulagiri, Lamjung Himal, Annapurna II, and Annapurna IV
- 🗂 Magnificent glaciers, gorges, and waterfalls
- 🗂 Muktinath temple, a sacred place for both Hindus and Buddhists
- 🗂 Visit the beautiful Manang district.
- 🗂 Visit Barge Monastery, the largest monastery in the Manang district.
- 🗂 Traversing through one of the world's highest passes- the Thorong La Pass (5,416m)
- 🗂 Explore Kathmandu Valley, including several UNESCO World Heritage Sites

What is Included?

- ✔ Airport arrival and departure transfer to/from hotel by private transportation.
- ✔ Full-day Kathmandu Valley sightseeing with a tour guide, on private transport, including entrance fees to world heritage sites
- ✔ Three-night accommodations with breakfast at a three-star hotel in Kathmandu
- ✔ Kathmandu to Bhulbhule (trek start) by local bus and Birethanti (trek endpoint) to Pokhara by private transport service
- ✔ Pokhara to Kathmandu on a tourist bus
- ✔ One night accommodation with attached bathroom at Hotel Silver Oaks Inn in Pokhara
- ✔ Best possible teahouse/lodge accommodation (twin sharing room) - 15 nights.
- ✔ All standard meals (16 Lunches, 15 Dinners, and 19 Breakfasts) during the trek
- ✔ Government licensed and experienced trek leader(guide), assistant trekking guide (12 or above trekkers: 1 assistant guide), and porter to help trekkers luggage. 1 porter for every two trekkers.
- ✔ Guides and porters' costs, their meals, insurance, salary, lodging, transportation, and other necessary equipment

- ✔ Annapurna Conservation Area Permit (ACAP) Fee.
- ✔ Trekkers Information Management System (TIMS) card fee
- ✔ Snacks (cookies) and seasonal fresh fruits every day
- ✔ All government, local taxes, and official expenses
- ✔ Rescue operation arrangements in case of complicated health conditions (funded by travel insurance).
- ✔ Souvenir - a company's T-shirt & cap
- ✔ Discovery World Trekking trek achievement certificate after the trek
- ✔ Farewell dinner at Kathmandu at the end of the trek

🗘 What is Excluded?

- ❑ International flight costs
- ❑ Nepal entry visa fees. Current rate is USD 50 for a 30-day stay.
- ❑ Excess baggage charges (Limit is 9 kg per person)
- ❑ Meals (lunch, dinner) in Kathmandu and Pokhara
- ❑ Extra night accommodation, meals in Kathmandu and Pokhara due to early arrival or late departure, and early return from the trek.
- ❑ Personal expenses (shopping, snacks, boil bottled water, hot (tea/coffee), cold and alcoholic drinks, hot shower, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc
- ❑ Personal clothing and gear
- ❑ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ❑ Tips for guide and porters
- ❑ Additional costs or (due to) delays caused by circumstances beyond our control, like landslides, bad weather, itinerary modifications for safety concerns, illness, changes in government policies, strikes, etc
- ❑ All the costs and expenses not listed in "What is included?" are counted as excludes

🔍 Overview

One of the best classic treks in the whole world, the Annapurna Circuit, is famous for its geographical diversity, varied climate, unique culture, and tradition.

The landscape in the Annapurna Circuit region varies from the world's deepest gorge (Kaligandaki gorge), thrilling high passes, and dense subtropical forests to some of the tallest mountains.

A package of wonders like Poonhill, Muktinath Temple, and hot springs in Tatopani makes Annapurna Circuit one of the most desirable long treks in the world.

You will travel in altitudes ranging from 800m to 5,416m through various climatic zones ranging from paddy fields, subtropical forests, and rural farmland to the high-altitude glacial zones.

Moreover, you will be able to view the up close and panoramic scenery of the Himalayas, including **Mt. Dhaulagiri** (8,167m), **Mt. Annapurna I** (8,091m), **Mt. Annapurna II** (7,937 m.), **Mt. Annapurna III** (7,555m), **Mt. Annapurna IV** (7,525m), **Mt. Annapurna south** (7,219m), **Mt. Manaslu** (8,163 m), **Mt. Nilgiri** (7,041m), **Mt. Machhapuchhare** (6,998m), **Mt. Hiunchuli** (6,441m), **Mt. Lamjung Himal** (6,986m), **Tukucho peak** (6,920m), **Tilicho peak** (7,134m).

An Annapurna Circuit trek also allows you to learn about the Tibetan way of life that strongly runs in the Mustang valley. You might also see a snow leopard in Yak Kharka along with blue sheep. Sure enough, you will have an opportunity to relax your tired muscles in the warmth of the hot springs in Tatopani.

The Annapurna Circuit trek begins at **Bhulbhule (845m)** after the scenic drive from Kathmandu. From Bhulbhule, you will trek north to **Jagat (1,300m)** to reach **Dharapani (1,860m)** and then to **Chame (2,610m)**.

From Chame, we will follow the Marsyangdi River valley to **Pisang (3,115m)** and then to Manang (3,540m).

We will acclimatize for a day at Manang and continue on the trail reaching **Yak Kharka (4,050m)** the next day. Then we will continue trekking westwards to Thorong Phedi (4,525m).

From Thorong Phedi, we make an ascent to **Thorong La Pass (5,416m)** early in the morning to avoid afternoon wind.

After crossing Thorong La Pass, we head down to **Muktinath (3,760m)** - a sacred pilgrimage site for Hindus and Buddhists.

The trek progresses from Muktinath to **Kagbeni (2,804m)**, and you will be heading to **Ghasa (2,113m)** via **Marpha (2,665m)**.

From Ghasa, your trek will take you to **Tatopani, known for natural hot springs**. You will be relaxing your tired muscles in the hot springs.


So the next destination on the trek will take you to **Ghorepani**. From Ghorepani, you will head to **Poon Hill**, one of the most popular viewpoints in Nepal. After enjoying the panoramic views from **Poon Hill**, you will return to Ghorepani and then to Birethanti. From Birethanti, we will take a bus to Pokhara. You will be spending a night at Pokhara and back in Kathmandu the next day.

Day to Day Itinerary

Day 1

Arrival in Kathmandu at Tribhuvan International Airport (1,350m / 4,450ft), Transfer to hotel

You will arrive at Tribhuvan International Airport in Kathmandu. At the arrival terminal, you will find **our representative holding a pamphlet with your name** and our company logo. They will first greet you and present you with a marigold garland as a welcome gesture. Then, they will take you to your hotel in a private vehicle.


 Overnight stay at a 3-star hotel in Kathmandu.

Day 2

Full-Day Kathmandu Valley sightseeing and trek preparation

Kathmandu Valley is like a microcosm of Nepal. It is known for its unique architecture and rich culture. There are seven UNESCO World Heritage sites in Kathmandu, among which you will be visiting **Pashupatinath, Swayambhunath** (the Monkey temple), and the **historic Durbar Squares**.

As you relish these wonders, our Kathmandu tour guide will provide you with information about these sites. After exploring Kathmandu for a day, you will take part in a trip briefing and then prepare for the trek departure, scheduled for the next day.

 Overnight stay at a 3-star hotel in Kathmandu

 Included standard meal (Breakfast)


Day 3


Drive from Kathmandu to Bhulbhule (845m / 2,815ft)

Itinerary Facts

Driving hours (200km / 124 miles) 7-8 hrs

We begin our **Annapurna Circuit trek** with a bus ride to **Bhulbhule**. You can enjoy beautiful views of terraced fields, subtropical jungles, and traditional villages throughout your ride as the bus rolls by the side of the Trishuli River along Prithivi Highway. From Bandipur, we leave **Prithivi Highway** and head north to **Besisahar** and to **Bhulbhule**. Situated along the **Marshyangdi** River, Bhulbhule is a gorgeous village that provides magnificent views of several snow peaks. After registering our permits at the Bhulbhule check-post, we explore this beautiful village. We will be spending our night at Bhulbhule.

 Overnight stay at Holiday Trekkers Lodge

 Included standard meals (Breakfast + Lunch + Dinner)

Day 4

Trek from Bhulbhule (845m / 2,815ft) to Jagat (1,300m / 4,265ft)

Itinerary Facts

Trek Distance 19 km / 11.8 miles

Highest Altitude 1,300m / 4,265ft

Trek Duration 5 hrs

Trekking begins. We start our trek through a pleasant trail, traversing through lush forests and terraced fields following the **Marshyangdi River**. The path is easy yet surprisingly beautiful as we pass through traditional **settlements and farmlands** to reach the isolated village of **Jagat**. Today's trek will be more like a warm-up, and it is a fun way to begin your trek in the Annapurna **region**. You will notice the declining settlements as we trek further. We halt at the peaceful village of **Jagat** to rest for the night.



Overnight stay at Tilicho Guest House (room with attached bathroom)



Included standard meals (Breakfast + Lunch + Dinner)

Day 5

Trek from Jagat (1,300m / 4,265ft) to Dharapani (1,860m / 6,200ft)

Itinerary Facts

Trek Distance 15km / 9.3miles

Highest Altitude 1,860m / 6,200ft

Trek Duration 5 hrs

After a peaceful stay at **Jagat**, we follow the trail to reach **Dharapani**. We enjoy several stunning waterfalls forming small sandy beaches on our way. Walking past the rice and potato fields and crossing numerous bridges, you will reach one of the biggest villages of **Manang, Kodo**. After a short climb of the **stone Kani**, you will reach Dharapani.

Dharapani has a checkpoint where we will get our **Annapurna permits** checked before trekking further. We conclude our trek day at Dharapani and enjoy the delicious food of the place.



Overnight stay at Heaven Guest House (room with attached bathroom)



Included standard meals (Breakfast + Lunch + Dinner)

Day 6

Trek from Dharapani (1,860m / 6,200ft) to Chame (2,610m / 8,890ft)

Itinerary Facts

Trek Distance 16km / 10miles

Highest Altitude 2,610m / 8,890ft

Trek Duration 6 hrs

Along the Marsyangdi River, we follow a trail that passes through pine, fir, oak, and maple forest and head to Chame, the district headquarters of **the Manang district**. This area is covered with natural greenery. The views of glorious mountains - **Lamjung Himal, Annapurna II, and Annapurna IV** - will make your trek very fulfilling. We'll also stop by a small **hot spring** where we can relax all our sore muscles.



Overnight stay at Tilicho Guest House (room with attached bathroom)



Included standard meals (Breakfast + Lunch + Dinner)

Day 7

Trek from Chame (2,610m / 8,890ft) to Pisang (3,115m / 10,200ft)

Itinerary Facts

Trek Distance 13.2km / 8.2 miles

Highest Altitude 3,115m / 10,200ft

Trek Duration 5 - 6 hrs

We leave Chame and head to **Pisang** today. As you trek through a steep and narrow valley, you will get glimpses of a massive rock wall, known as **Pinguda Danda rock**, which locals believe to be holy. You will find yourself wondering about this rock as you see it. Because this rock rises 1,500m from the river, it is **undeniably beautiful**. From the path, you can see a clear view of **Annapurna II** in the south and **Pisang peak** in the northeast. We descend further to the Manang Valley floor. The trail throughout the journey, without a doubt, looks breathtaking.



Overnight stay at New Trekkers Hotel (room with attached bathroom)



Included standard meals (Breakfast + Lunch + Dinner)

Day 8

Trek from Pisang (3,115m / 10,200ft) to Manang (3,540m / 11,300ft)

Itinerary Facts

Trek Distance	17km / 10.6 miles
Highest Altitude	3,540m / 11,300ft
Trek Duration	5 - 6 hrs

We start at the upper Pisang path, which steeply ascends to Ghyaru, providing stunning views of the north face of **Annapurna (II, III, IV), Gangapurna, Tilicho, and Pisang Peak**. The air starts to turn cold and dry. As you pass through small Tibetan-style settlements, you will witness Buddhist culture and realize that the trail is dotted with Buddhist shrines and mani walls.

You will also visit one of the largest and most famous monasteries of Manang - **Barge Monastery**. As you trek ahead, you will reach a lively area that caters to many tourists, Manang. **Manang** is full of wonders, and we will be staying one more day at Manang for rest and acclimatization.



Overnight stay at Hotel Himalayan Singi



Included standard meals (Breakfast + Lunch + Dinner)

Day 9

Rest and acclimatization day at Manang

To acclimatize, we will spend one whole day in **Manang**. You are free to spend the entire day exploring this village. However, we will stay busy, taking part in side hikes. You are free to hike to **Gangapurna Lake** and spend the day admiring the beauty of **Annapurna III, Tilicho, Pisang, and Chulu Peaks**. There are several monasteries in this area that you might like to visit.

We will also visit the **Himalayan Rescue Association** in Vajra Village to learn about acute mountain sickness, its symptoms, and precautions. After a relaxing day exploring the enigmatic **village of Manang**, we will have acclimatized to this altitude, and we will be ready to trek ahead the next day.



Overnight stay at Hotel Himalayan Singi



Included standard meals (Breakfast + Lunch + Dinner)

Day 10

Trek from Manang (3,540m / 11,300ft) to Yak Kharka (4,050m / 14,275ft)

Itinerary Facts

Trek Distance	9.4km / 5.8miles
Highest Altitude	4,050m / 14,275ft
Trek Duration	3-4 hours

After a day of acclimatization **at Manang**, we will continue the trek. From Manang, we head to Tenki Village, crossing several beautiful streams. Further, we head out of **Marshyangdi Valley** northwest to **Jar Sang Khola Valley** on a trail full of uphill and downhill. You will also be passing through dense Juniper forests and a few pastures. Along the way lies Gunsan Village, known for houses with flat mud roofs. After crossing a small river on a wooden bridge, we make our way up the spectacular valley to an open, peaceful **meadow known as Yak Kharka**.



Overnight stay at Hotel Gangapurna



Included standard meals (Breakfast + Lunch + Dinner)

Day 11

Trek from Yak Kharka (4,050m / 14,275ft) to Thorong Phedi (4,525m / 14,525ft) / Thorong High Camp

Itinerary Facts

Trek Distance	8.5km / 5.2miles
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Highest Altitude 4,525m / 14,525ft

Trek Duration 4-5 hrs

Today we head to the foot of Thorong La Pass - **Thorong Phedi**. From Yak Kharka, we first climb up to a ridge, then head down and cross the Marsyangdi river on a wooden bridge. Then, we will ascend one more time, following a narrow trail, and descend to Thorong Phedi. The uninhabited, rugged terrain is otherworldly and much different than the lush lowlands we passed on the way up during the initial trekking days. Thorong Phedi is well situated to cross the Thorong La Pass. We will stay at Thorong Phedi for the night.



Overnight stay at Thorong High Camp Hotel



Included standard meals (Breakfast + Lunch + Dinner)

Day 12

Trek from Thorong Phedi (4,525m / 14,525ft) to Muktinath Temple (3,760m / 12,623ft) Via Thorung La High Pass (5,416m / 17,756ft)

Itinerary Facts

Trek Distance 15.6km / 9.6miles

Highest Altitude 5,416m / 17,756ft

Trek Duration 9 hrs

We begin this day as early as possible, ready to conquer the most challenging parts of the trek. From Thorong Phedi, **we ascend to Thorong La Pass**, the highest point of this trek. Due to the high elevation and low level of oxygen in the air, the hike will be challenging. We take this hike slow and steady and conquer it. However, despite the climbing difficulty, the view from the pass is unquestionably worth it.

You will enjoy the panoramic views of glorious mountains extending northwards into Tibet, and on the other side, you will see the Annapurna massifs smiling back.

From Thorong La Pass, we descend to **Muktinath** and visit the famous Muktinath temple. This site is holy for both Hindus and Buddhists. The Buddhists call it Chuming Gyatsa, which in Tibetan means "Hundred Waters". The name is quite fitting for a temple complex having 108 water sprouts. In addition, there is an eternal flame inside the temple premises.

We will be staying at Muktinath for the night.



Overnight stay at Hotel Town House Muktinath (room with attached bathroom)



Included standard meals (Breakfast + Lunch + Dinner)

Day 13

Trek from Muktinath (3,760m / 12,623ft) to Kagbeni (2,804m / 9,200ft)

Itinerary Facts

Trek Distance 10.6km / 6.6miles

Highest Altitude 3,760m / 12,623ft

Trek Duration 3 hours

The hike today is comparatively concise and easy. You descend from **Muktinath to Kagbeni**, while on the way, you will witness famous **sky caves**. These caves are as old as 3,000 years, but no one is sure about their purpose.

You can also have a short detour to the traditional villages of **Chhyongkhar, Jhong, and Purang**. A culturally rich place, **Kagbeni is a package** of wonders, and as you explore the narrow alleys of Kagbeni, you will discover several wonderful sites.



Overnight stay at the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner)

Day 14

Trek from Kagbeni (2,804m / 9,200ft) to Marpha (2,665m / 8,744ft)

Itinerary Facts

Trek Distance	18.4km / 11.4miles
Highest Altitude	2,804m / 9,200ft
Trek Duration	4-5 hrs.

Today you will be trekking at the most **enthralling parts of the trail**, as you leave **Jomsom for Marpha**. The hike is easy to cover and consists of only a few downhill. We continue trekking along the Kaligandaki River until we reach Marpha.

Marpha, an ethnic village, is **hypnotizingly beautiful**. All the houses are white, and the **narrow alleys are fascinating**. As you trek, you will witness captivating scenery, beautiful peaks, green forests- full of pine and oak trees, cold desert - and the **world's deepest river gorge - the Kali Gandaki Gorge**. The trail is a package of surprises as you observe the depth of the places you pass through. Marpha is also famous for its apple farming. The local baked apple pie and alcohol made from **apples called 'Marpha'** are a must-try of this place. You can hike up to a nearby small turquoise-green lake.



Overnight stay at the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner)

Day 15

Trek from Marpha (2,665m / 8,744ft) to Ghasa (2,113m / 6,932ft)

Itinerary Facts

Trek Distance	22km / 13.6miles
Highest Altitude	2,665m / 8,744ft
Trek Duration	6-7 hrs

We follow the **Kali Gandaki River** as we head to **Ghasa from Marpha**. The motorable road is easy to walk, and you will be passing through several apple farms as you head back. The view is astonishing and relaxing. You walk past the **Khobang Village** on a narrow trail and move ahead to **Larjung** and then to **Kalapani** while enjoying the views of Annapurna peaks. After hiking along a wave-like trail from **Lete**, we **reach Ghasa**. We halt at Ghasa and enjoy this Tibetan-styled **small village**.



Overnight stay at the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner)

Day 16

Trek from Ghasa (2,113m / 6,932ft) to Tatopani (1,200m / 3,940ft)

Itinerary Facts

Trek Distance	17km / 10.5miles
Highest Altitude	2,113m / 6,932ft
Trek Duration	6-7 hrs

Today's trek to **Tatopani** will be an exciting one. Tatopani in Nepali means **hot water**. The natural hot springs, amidst a quiet and **peaceful place**, let you enjoy and relax in lukewarm water. The trail from Ghasa to Tatopani is broad and more comfortable to walk. The sound of birds chirping and the lush forest will make your trek very enjoyable. We end our day with a dip in the **hot springs of Tatopani**.



Overnight stay at Dhaulagiri Lodge (room with attached bathroom)



Included standard meals (Breakfast + Lunch + Dinner)

Day 17

Trek from Tatopani (1,200m / 3,940ft) to Ghorepani (2,860m / 9,385ft)

Itinerary Facts

Trek Distance 17km / 10.5miles)

Highest Altitude 2,860m / 9,385ft

Trek Duration 6-7 hrs

After a relaxing day enjoying the hot spring, we move forward to **Ghorepani**. We cross the east side of the **Kali Gandaki** River and ascend to Ghorepani past the villages of **Sikha, Chitre**, and several other ethnic Thakali villages. You will be hiking through trails along **terraced farmlands** surrounded by huge mountains and then continue through forests full of rhododendron, birch, and magnolia to reach Ghorepani, which sits on top of a ridge. As a popular **hiking route**, Ghorepani is often full of tourists, and here, you can find standard to luxurious restaurants and hotels.



Overnight stay at the Hotel Snow Land (room with attached bathroom)



Included standard meals (Breakfast + Lunch + Dinner)

Day 18

Early morning hike to Poon Hill (3,210m / 10,525ft) -then trek to Birethanti (1,039m / 3,250ft), Drive to Nayapul - Pokhara

Itinerary Facts

Trek Distance 12.5km / 7.7miles

Highest Altitude 3,210m / 10,525ft

Trek Duration 4-5 hrs

Driving Hours 2hrs

Today you will ascend to **Poon Hill (3,210m) Viewpoint** early in the morning. From this viewpoint, you can enjoy the sun kissing the **Annapurna Range** and **Dhaulagiri Massif**. It is one of the most photographic spots on this trail, you will find yourself surrounded by stunning mountain peaks, and the cold fresh air from the peaks enhances your experience. After enjoying the views from Poon Hill, we head back to **Ghorepani** and enjoy breakfast.

After breakfast, we descend to Birethanti, trekking through marvelous forests. From Birethanti, you will drive back to Pokhara. In Pokhara, you will be staying at a hotel near the **famous Phewa Lake**. As one of the most happening cities in Nepal, Pokhara is full of restaurants and bars. And, there are many things you can do in Pokhara like boating and paragliding.



Overnight stay at the Silver Oaks Inn (room with attached bathroom)



Included standard meals (Breakfast + Lunch)

Day 19

Drive from Pokhara (820m / 2,690ft) to Kathmandu (1,350m / 4,450ft) Distance(200km / 124miles) - 6-7 hrs

Itinerary Facts

Driving Hours (200km/ 124miles) 6-7 hrs

After breakfast, we will drive **back to Kathmandu** on a tourist bus. It's a **200-km route** that **follows the Marsyangdi** River first and then the Trishuli River. Alternatively, you may also choose to return to Kathmandu by a 25-minute flight (not included in the package) from Pokhara. Our trek package completes at Kathmandu.



Overnight stay at Three Star hotel in Kathmandu



Included standard meal (Breakfast)

Day 20

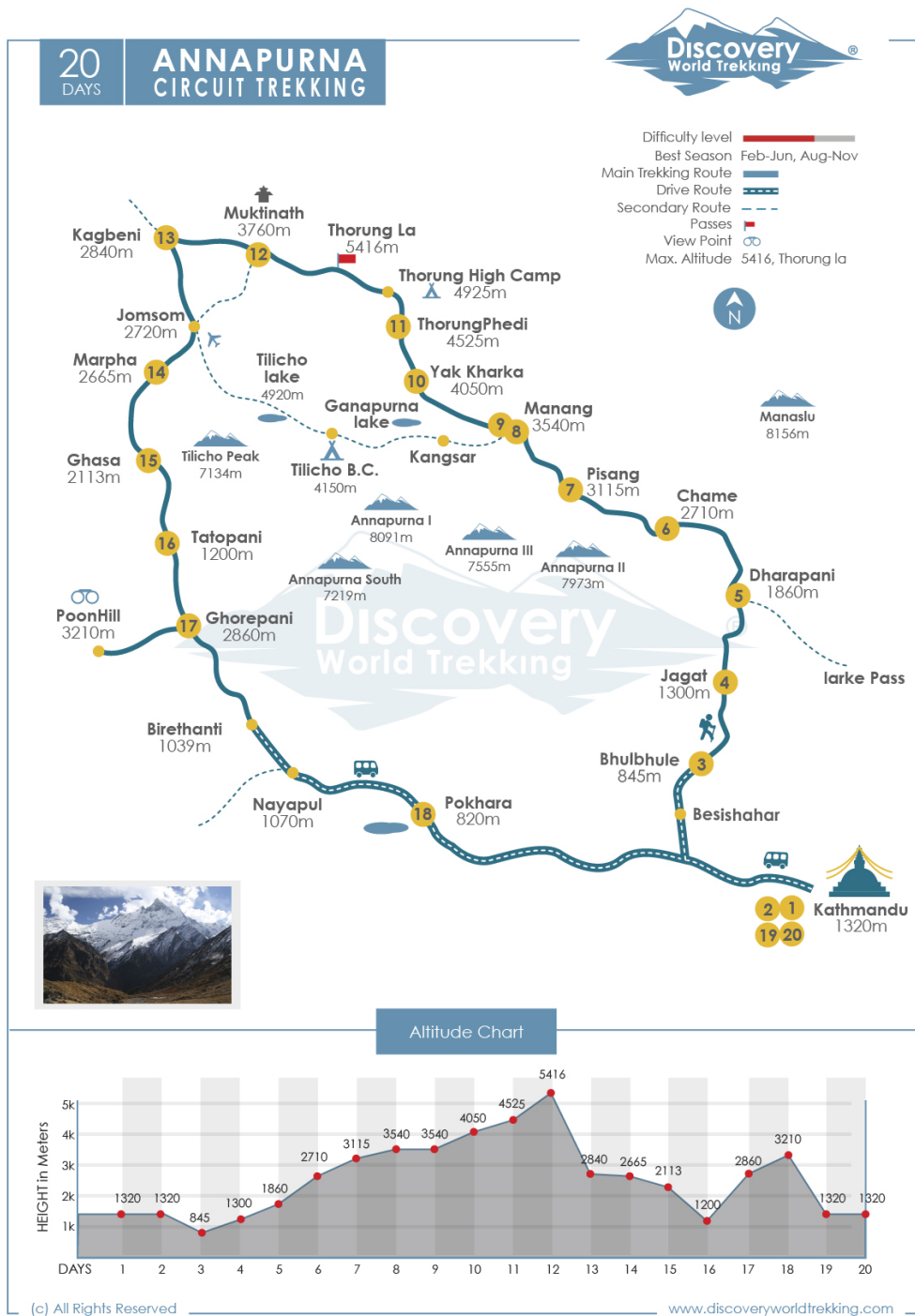
Transfer to Kathmandu's Tribhuvan International Airport (TIA) for departure

Our company **representative** will accompany you in a **private vehicle to the international airport** for your departure back home. We hope you've enjoyed the trip and will be back in Nepal for future trips.



Included meal (Breakfast)

 Route Map



Trips Notes

The beginning of the Annapurna Circuit Trek Journey

The first day is your arrival day in **Nepal**. The second day is a full-day sightseeing tour in Kathmandu, including **world heritage sites**. After the tour, in the evening, we'll conduct a trek briefing. During trek briefing, we will introduce your guide, check your equipment and provide you with information about your trek. On the third day, we'll drive to Bhulbhule via Besisahar on local transport to start hiking.

This package includes Kathmandu to Bhulbhule transportation in a local bus. We can arrange a private jeep for an extra cost.

Receiving you at the airport

Discovery World Trekking provides free airport to hotel transfer on a private vehicle during arrival and free hotel to airport transfer during departure for guests who have booked Annapurna Circuit Trek with us.

When you arrive at Tribhuvan International Airport, you will find our representative holding a pamphlet with your name and our company logo on it. They will receive you and present you with a marigold garland as a welcome gesture before taking you to your hotel.

Accommodations during the trek

The package includes **15 days of accommodations in trek regions, three nights of hotel stays in Kathmandu, and one night in Pokhara**. Accommodation during the trek is mostly at teahouses/hotels with a more homely feel. They are run by the locals and provide all the basic facilities, including hot showers that come at a small cost. The rooms are simple but comfortable, usually with two beds. Some rooms will have an en-suite bathroom, but most have a shared bathroom. You will get a chance to experience the renowned Nepalese hospitality and interact with Nepalis. Discovery World Trekking has good public relations with local service providers in Annapurna trek. Moreover, we pre-arrange accommodations at Kathmandu and Pokhara.

Hot showers and Wi-Fi are available at lodges/tea houses in trek regions but come with extra cost.

The Meals

As you will be taking at higher elevations, your body needs enough carbohydrates, protein, and other nutrients to provide you with enough energy to hike on the humongous Himalayan trails. The meal on this trek is very convenient, but unlike in large cities, your choices are smaller. As you elevate, your food choices get smaller.

This package includes **19 breakfasts, 16 lunches, and 15 dinners** throughout the trek.

Some of the typical food menus are -

Breakfast - Pancakes, Eggs, Oatmeal, Corn Flakes, Muesli Breads, Fruits, Vegetables, Honey Tibetan bread or Chapati, Local Tsampa porridge, French toast with Jam, Butter, Cheese, Hot drinks (varieties of teas and coffees, hot chocolates, etc.)

Lunch - Dhal, Bhat, & Tarkari, Vegetables, Various Soups, Sherpa Stew, Steaks, Tibetan Bread, Spaghetti Noodles, Thukpa, Pasta, Salad Pizza (Tomato, Mushroom, Mixed), Macaroni dishes, Tenduk, Spaghetti Noodles, Vegetable Curry, Potatoes, Sandwiches, Momo (dumplings), Macaroni dishes, Tenduk, Snacks (Papad, Prawn), Desserts (Rice Pudding, Apple pie), etc

Dinner - Dhal, Bhat & Tarkari, Tibetan Bread, Macaroni, Tenduk Spaghetti, Noodles, Thukpa, Potato items, Vegetable and Salad Pizza (Tomato, Mushroom, Mixed), Various Soups, Sherpa Stew, Steaks, Sandwiches, Pasta, Vegetable curry, Momo (dumplings), Snacks (Papad, Prawn), Korean Ramen, Desserts items (Rice Pudding, Apple pie), Hard Drinks Steaks, etc

You can enjoy local, Asian and western cuisine at the trek regions. We highly recommend plenty of liquids - green tea, lemon tea, hot lemon, ginger tea, and garlic soup (must) at high altitude, along with fresh vegetables for health benefits.

Though plenty of non-veg items are available at trek regions, we do not recommend them because the meat may not be hygienic. Health experts advise trekkers to avoid alcohol, caffeinated drinks, hot chocolate, and dairy items during the high elevation treks.

Note:- This package does not cover lunch and dinner at Pokhara.

All personal bills (alcoholic, hot (tea/coffee), and cold drinks) in tea houses/ lodges or cafes except standard meals mentioned (including breakfast, lunch, and dinner with seasonal fruits) are excluded from the package.

Best Time For Annapurna Trek

The weather is one of the most important factors to consider when deciding on **the Annapurna trek**. People trek to Annapurna throughout the year, but there are ups and downs based on seasons.

Most people find spring and the autumn season favorable as the sky is crystal clear from dusk till dawn, and there are no clouds and no rain that allows you to enjoy the fantastic vistas. The treks are easier too.

The monsoon in Nepal coincides with summer making the trails wet and slippery. However, it has its own charm - the gushing rivers, rapid waterfalls, and lush forests.

During the winter, the temperatures can be frigid, and there is heavy snowfall in the higher trek regions. However, some adventurers enjoy winter Annapurna Circuit treks for these exact reasons.

The temperature in the mountains also depends on altitude. The higher the altitude, the lower the temperature. In brief, below are the detailed information about the climatic condition in trek regions.

March-May (Spring)

The **trekking season begins** after March. By April, the trek route throughout the Himalayas gets covered with the full blossom of rhododendrons, red, pink, and white, even at elevations of over 3,000 meters. The temperature starts rising from mid-March to mid-May. The weather is very comfortable. The skies are clear, and you can enjoy the clearest views of the mountains.

June-August (Summer)

Monsoon generally **begins** around the end of June and continues till the second week of August. The temperature during the days usually ranges from 10°C to 23°C, and nights get a little cooler from 5°C to 10°C. Mornings are mostly clear, with clouds building up during the afternoon and disappearing again at night. The rain will make the path slippery and wet. However, various plants bloom during this season, providing green cover to the entire valleys.

September to November (Autumn)

Autumn (September, October, November), like spring, **is a season that attracts travelers around the world to the Annapurna circuit**. Moderate temperatures, mild wind, and low precipitation make autumn a wonderful trek season.

The autumn sun shines brightly, the skies are clear, you get a superb view of the mountains, and the temperature is perfect for treks. The clear skies let you enjoy spectacular starry night skies.

The monsoon will be over by early September, and the weather ranges from mild to warm days. Daytime temperatures at high altitudes can reach up to 20°C. The nights are cooler with temperatures that may go down to 5°C. The greens that grew during the monsoon fade to golden/amber, proving a spectacular contrast against the crystal blue skies. Grains start ripening in the enclave.

The environment is clean, and the lowlands are lush. The two biggest festivals of Nepal, Dashain, and Tihar, also fall during this season. The daytime temperatures are stable, from mild to cool conditions. The humidity is low and nights are cool.

December-February (Winter)

Winter (December - February) treks in the **Annapurna region** are less popular than the spring or autumn treks. The **places along the Annapurna trek are cold**, but it excites a different breed of trekkers. The temperature along the Annapurna trek region can be as low as **-10°C**.

The coldest time is from December till early February. After late February, the climate gradually gets warmer. Daytime starts getting pleasant and relatively warmer with sunshine. Despite being cold, the skies are clear, and mountain views are at their best. The trails are the least busy at this time. However, it may not be the best season for beginners, but experienced trekkers will have no problem.

The weather in the Himalayas is unpredictable, and the temperatures may change rapidly.

Acclimatization

Our 20 days Annapurna trekking package includes **a rest day in Manang** at 3540m for proper acclimatization to reduce the chances of acute mountain sickness.

Altitude sickness is preventable but can be life-threatening if you ignore the symptoms. Starting from Bhulbhole at 845m and trekking in low elevation for four to five days, we finally reach Manang at 3,540m to acclimatize. Discovery World Trekking leaders/guides have completed extensive first aid training and are well-experienced in handling altitude sickness. They will also use oximeters to monitor your blood oxygen level to detect altitude sickness early. '

With Discovery World Trekking as your tour operator, **your health will be in reliable hands**. Your trek leader or guide will suggest precautions. The best way to avoid altitude sickness is to walk at your own pace and drink plenty of water, at least 4 liters a day. If you are seriously affected by altitude sickness, the only cure is to descend immediately. Please note that your group leader has the authority to decide whether to continue the trek, or descend immediately based on the team members' conditions. It is essential to keep in mind that some are more vulnerable than others.

Trip Grade: Fitness level, Medical, and Health

20 Days **Annapurna trek** consists of crossing Thorong La Pass (5,416m) in the Annapurna Circuit. The walk is around 4 to 7 hours per day, depending on the destination and the number of breaks you take. The trail is mostly uphill, along with steep descents, often through rocky and stone-paved paths.

It is not impossible to go on these treks for a regular person, but remaining fit and **exercising well will make your journey more comfortable** and enjoyable. Former trek experience or regular exercise is a great idea to prepare for this long trek. However, if you love trekking, you can make complete this trek.

However, we do not recommend this trek for individuals with sensitive medical conditions like heart or lung disease. If you suffer from these diseases, consult with your doctor before booking this trek.

Trekking group/single

We organize a group as well as a private trek. **If you have your group, you are eligible for discounts**, but you are ineligible for discounts to groups our company forms. We can lead and handle any group size. Each group will have a group leader/guide, a porter for every two trekkers, and an assistant guide for a group of 12 or above.

A typical day on the trek

Every day you will enjoy a **unique trekking experience, climbing, enjoying the scenery, taking photos**, and **exploring the local villages**. During your trek, our qualified and experienced Sherpa/guide will share information about the places you visit. We assign porters, who will accompany you, to carry your luggage. However, you will also bring a small backpack for important documents and valuable items.

Each day starts with an **early morning hot cup of tea/coffee**. After a wholesome breakfast, we set off on that day's walk from around 7 to 8 AM, depending on the duration and nature of the day's walk. After trekking for three to four hours, we will serve you **lunch around midday** often, en route to the next destination. We will rest for an hour and then hit the trails once more.

The afternoon walk is generally shorter, about two to three hours. Once we reach our overnight lodge/tea house/tent, you can snack on the extra dietary food. Then you are free to explore nearby places until it becomes dark.

We serve **dinner from around 6 to 7 PM**. Before going to bed, you may engage in friendly conversations, discussing each other's trek experiences. Your leader/guide will brief you about the next day's plan. After this briefing, you can read books, play board games like monopoly, and cards, or watch mountaineering documentaries. Most foreigners also learn a few Nepalese words from our crew.

Communication on trek

On the **Annapurna Circuit Trek**, you can use the internet from the lodges you will be staying, but it will come with some service charge. You can contact your family and friends via these lodges, but once you reach high altitudes, communication will be through the phone for safety.

We'll communicate with all our trek teams via our leader at least once a day to ensure your safety and comfort. You can also contact **Kathmandu's DWT office** for help during the trek. You can buy a local SIM in Kathmandu but based on the network you use, the signals may not be strong enough in remote trek regions.

You can use Wi-Fi available at your hotel/lodges, but you may have to pay for the service.

Extra personal expenses during the trek

Discovery World Trekking covers most expenses during the trek. This package, however, does not cover all dinner and lunch costs in Kathmandu and Pokhara. Hence, you will have to cover these expenses.

Moreover, our valuable clients will have to **bring personal spending money** to cover their visa application fees, travel insurance policy purchase, snacks for the trek, hot (tea/coffee), cold and alcoholic drinks, and tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (USD) that you can easily convert to Nepali Rupees in Kathmandu.

Electricity and water on the trek

Throughout the lodges at Annapurna trek regions, **electricity** for the camera and mobile battery recharge **is available** at an extra cost.

During the trek, you can either buy packed mineral water from local lodges and en-route shops or **bring a water bottle** with you and fill it with boiled water you can buy for an extra cost in the lodges/tea houses. Carrying your own water bottle is a great idea because some trek regions do not allow plastic bottles. If you need, we can also provide water purification pills to ensure drinking water is safe.

You shouldn't drink water from the rivers, taps, and wells in trek regions as water in trek regions may not be potable.

Travel insurance

It is a challenging trek as it entails risks of high-altitude trekking such as altitude sickness and other unforeseen events, including sudden weather changes.

Adequate travel insurance is compulsory for this trek. All trekkers must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking before starting the hike. Your policy must cover medical and emergency repatriation, **including helicopter rescue and evacuation** expenses up to the highest trek altitude.

We can recommend insurance companies to help you, but we do not sell insurance policies. We request our trekking guests to send their detailed insurance information within a week of booking the trek.

In emergencies, we will use your insurance policy and informational documents you sent us for a quick and effective rescue operation and transfer for emergency medical.

Before buying travel insurance, call the insurance company and recheck if they cover helicopter rescue and evacuation up to 6000m in addition to treatment costs. Do not just rely on what the insurers are saying on their website.

Passport and visa

All foreigners, except Indian nationals, require a visa to enter Nepal. Fortunately, **citizens from most countries get an on-arrival visa at Kathmandu International Airport** or immigration checkpoints along the Nepali borders.

For visa application, you will need a passport with at least six months of validity, a passport-size photo, and application fees. The exact cost of visa fees depends on your length of stay. For a 30-day stay, the current cost is USD 50. Children under the age of 10 get a free visa.

Chinese and SAARC (Bangladesh, Bhutan, India, Maldives, Pakistan, and Sri Lanka) nationals receive a free visa.

However, citizens from Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan may not receive a free visa. So, if you are a citizen of any of these countries, contact your local

Nepalese embassy.

Nepal government may change visa rules without prior notice, so for the latest visa information, visit <https://www.immigration.gov.np/page/visa-on-arrival>.

Money exchange

Nepali Rupee (NPR/Rs) is the local currency.
(1 USD = ~ Approx Rs.125 NPR).

You can exchange most foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Hotels can also exchange small amounts of foreign currencies.

Legal money exchanges display their ongoing exchange rates visibly. If you have Indian Rupees (INR), please note that only INR notes of 100 and 2,000 are legal in Nepal.

Despite having the security advantage of traveler's cheques, **we recommend cash exchange** to avoid hassles like lengthy processes and high bank commissions. Banks and financial institutions can charge 4% or more as commissions.

You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel. Several ATMs are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee using your foreign card.

There are no banks and money exchange services in trek regions. So, you should exchange your money in Kathmandu only, depending on how much personal expense you require. Trek regions do not accept foreign currency.

Most established banks in Asia do not accept old, torn, or faded foreign currency, so bring new and clean notes.

How much luggage can I bring to the trek?

The luggage weight **limit is 9 kg per trekker**. We will assign one porter to every two trekkers, which means a porter will not carry more than 18kg combined luggage weight limit. We do not overload our porters. However, we can arrange a porter just for you at your request. We also expect you to carry a small backpack to carry your important documents, valuables, and things you often use, like a water bottle. You can store excess luggage at our store for free during your trek.

Before starting the trek, during the trip briefing, we will check the things you are carrying (luggage, equipment, etc.) during the trip briefing.

Annapurna Circuit Trek Safety

Discovery World Trekking pays complete attention to client safety, security, and satisfaction. **Your safety is our priority**, and to ensure your safety, we carry all necessary gear, equipment, and first aid kits to face any situation. Our leaders and guides have completed extensive first aid training. If a trekker falls sick, your trek leader has the authority to decide whether to continue the trek or descend immediately for safety. In an emergency, we will deploy a rescue helicopter to bring a sick person back from the higher elevation. For group safety, we will trek as a group.

Equipment Checklist

We recommend you to **carry only the required clothing and accessories** for the trek. Please remember that you can buy equipment in Kathmandu as well. Porters will carry the main luggage, but your luggage weight limit is 9 kg. We assign one porter for every two trekkers, and the combined luggage weight for one porter should not be more than 18 kg. Though individual preferences may differ, here is an equipment list to consider while packing for the trek.

Head

- ☞ Sun hat or scarf
- ☞ Winter hat or insulating hat, or a wide-brimmed hat
- ☞ Headlight with extra batteries

Face

- ☞ Sunscreen
- ☞ Sunglasses with UV protection
- ☞ Face/body wipes
- ☞ Hands
- ☞ Lightweight gloves
- ☞ Heavyweight winter gloves

Body

- ☞ Hiking shirts
- ☞ Long-sleeved shirt
- ☞ Hooded rain jacket
- ☞ Fleece jacket
- ☞ Lightweight cotton pants
- ☞ T-Shirt (bring lightweight wool)
- ☞ Polypropylene underwear
- ☞ Down jacket (available for rent in Kathmandu)
- ☞ Sweater
- ☞ Waterproof jacket and pants

Footwear

- ☞ Hiking Boots
- ☞ Thick wool socks (Take an extra pair of thick light socks)

Essential gear

- ☞ Backpack or daypack (Size depends on whether you take porter or not)
- ☞ Thermal bottle
- ☞ Water purification
- ☞ Trekking pole
- ☞ Sleeping bag (-15 degree bag is best in the high altitude trekking)





Toiletries

- ☞ Medium size drying towel
- ☞ Toothbrush
- ☞ Toothpaste
- ☞ Deodorant floss
- ☞ Biodegradable bar soap
- ☞ Nail clippers
- ☞ Small mirror

Personal accessories

- ☞ Money
- ☞ Watch
- ☞ Cell phone
- ☞ Camera

Extra items

-  **First aid kit**
-  **Extra passport photos and passport photocopies**
-  **Notebook and pen**
-  **Binoculars**

Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
31 Mar, 2023 - 19 Apr, 2023	\$2050 \$1025
07 Apr, 2023 - 26 Apr, 2023	\$2050 \$1025
14 Apr, 2023 - 03 May, 2023	\$2050 \$1025
21 Apr, 2023 - 10 May, 2023	\$2050 \$1025
28 Apr, 2023 - 17 May, 2023	\$2050 \$1025

FAQ's

What are the packages available for Annapurna Circuit trek?

Discovery World Trekking provides the following Annapurna Circuit trek packages.

-  [Annapurna Base Camp Short Trek - 7 Days](#)
-  [Annapurna Base Camp Trek - 11 Days](#)
-  [Annapurna Circuit Short Trek - 10 Days](#)
-  [Annapurna Circuit Trek - 14 Days](#)
-  [Annapurna Circuit Trek with Annapurna Base Camp - 27 Days](#)
-  [Annapurna Circuit Trek with Tilicho Lake - 16 Days](#)
-  [Annapurna Sanctuary Trek - 9 Days](#)
-  [Annapurna Trek - 20 Days](#)

Please call us at +9779840055491 for more information.

Is this trek difficult?

This is a moderate trek that does not involve technical climbing.

What about the insurance of guides and porters?





All Discovery World Trekking staff members have **insurance** coverage, and in addition to salary, we also cover their meals, lodging, transportation, and necessary equipment costs during the trek.

Is there any luggage limit for porter?

Discovery World Trekking will provide one porter for two trekkers to carry combined 18 kgs of luggage (maximum **9 kg for each trekker**).

What documents do I need for this Trek?

You need to submit the following documents via email after the advance payment.

-  **A copy of your passport**
-  **Passport size photos**
-  **Flight details**
-  **Copy of travel insurance (Must cover heli rescue and medical evacuation).**

What is the booking and payment method for this Trek?

We require a **10% advance for confirming the booking**, which you can pay by bank transfer, western union, or online through our site. You can pay the rest of the trip cost in cash, by bank transfer, western union, or using a credit card. We will email you payment details- including modes of payment available.

Is there a cancellation or refund policy?

Discovery World Trekking **has** cancellation and refund policies. Please visit our terms and conditions page for more information.

I usually get altitude sickness. Is there a way to avoid it?

Discovery World Trekking has well-trained team members to deal with altitude sickness. Our team members carry oximeters to monitor the oxygen level at high altitudes to detect early symptoms. In emergencies, we deploy rescue helicopters, but your insurance must cover the costs. However, **you can reduce the chances** of altitude sickness by:

- ☞ Cutting off caffeinated, alcoholic, and smoking items
- ☞ Drinking at least 4 liters of water a day
- ☞ Trekking slowly
- ☞ Not skipping the acclimatization days
- ☞ Continuing with Diamox, if any symptoms show up
- ☞ Drinking garlic soup

What is the lodging like in this Trek?

Discovery World Trekking manages **lodge to lodge accommodation** during the trek. Generally, there are twin sharing rooms and squat-style toilets, normally outside the room or house. Teahouses/lodges provide blankets, but it's a good idea to bring your sleeping bag as there are no heating systems inside the rooms. Some places may offer hot running water for a shower for an additional fee.

Is the drinking water safe on the trails in Annapurna region ?

Bottled water is easily available at a low cost. You need to drink mineral water or boiled or filtered water in those areas. It is better to use water purification drops and tablets which you can either bring from your own country or buy in Kathmandu or Pokhara. Discovery World Trekking also provides water purifier pills.

We advise you **not to drink river, tap, and well water at trekking regions** as they may not be drinkable.

Do I need to bring my own medicines for this Trek?

If you are allergic to specific medicines, it is better to consult your doctor and bring your own. Discovery World Trekking regards its clients as its family. So, Discovery World Trekking will provide you with medical kits to avoid altitude sickness and other probable sicknesses.

I am a vegetarian. Will I get enough meals during the trek?

Discovery World Trekking does not recommend non-veg items at trekking regions because the meat in such places may not be hygienic. We also strongly advise you to avoid dairy and cheese items along with alcohol. So, our packages are **suitable for all - vegans, vegetarians, and non-vegetarians.**

Is there an airport pick-up service by the company?

You will see a Discovery World Trekking representative welcoming you outside the Tribhuvan International Airport arrival lounge **holding a pamphlet with your name on it.** S/he will take you to your selected hotel in a **private vehicle.**

Can I hire the gear in Nepal?

Discovery World Trekking can introduce you to dozens of shops where you can hire gear.

Is Wi-Fi available during the trek?

Yes, most guesthouses offer Wi-Fi for a small charge.



Discovery World Trekking

Paul Gurung (CEO/Founder)

Mailing Address: Post Box: 21576, Kaldhara Marg, Thamel, Kathmandu, Nepal, Kaldhara Marg, Thamel, Kathmandu, Nepal

Phone: [+977 1 4252366](tel:+97714252366)

Mobile: [+9779840055491](tel:+9779840055491)

E-Mail: info@discoveryworldtrekking.com

Skype: discovery1120

Phone: [+977 1 4252366](tel:+97714252366)

Location: Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

24 Hrs. Emergency Call

[+977 9851054143](tel:+9779851054143)

or [+977 9840055491](tel:+9779840055491)

Quick Questions? Email Us

info@discoveryworldtrekking.com

Talk to an Expert

[+9779840055491](tel:+9779840055491)  

