



## **Annapurna Circuit Trek - 16 days**

**Go on 16 days trip for**

**\$ per person**

Commencing with an overland journey to Beshi Sahar, 130 km West of Kathmandu where we overnight. Our trek follows the gorge of Marshyangdi river through lush fields of paddy, innumerable tiny streams, waterfalls and beautiful villages, eventually emerging into high desert country at Manang (3597 m.). The trek gains in height fairly gently reducing the chances of altitude sickness, although, we do spend a day acclimatising before crossing the Thorang-La (5416 m.). From a high lodge camp we are up early for our crossing of the Thorang-La (tremendous high mountain feelings) before our decent to Muktinath in the lower Mustang region, one of the holiest pilgrimage sites for Buddhist and Hindu people in Nepal.

Annapurna is the most popular trek in Nepal which pass through some of the most stunningscenery in the world. Beside day hiking , long treks through happy valley deep into the heart of mountains can be made. Thakalis , Gurungs ,Magar , Manangis are the people that are found prevailing on the way.

Subtropical to alpine vegetation and climates is found changing with the elevation. Trekking in the region allows to explore through rhododendron forests over the foothills of the annapurna and Dhaulagiri and through the deepest gorge in the world, the kali Gandaki Gorge.

This trek is the one of best views of annapurna range, nilgiri , Dhaulagiri , Tukuche peak , Dhampus peak , Hiunchuli ,Machhapuchhre , Gangapurna, Lamjung Himal other many more greatest views of mountains you never seen before. which is make you the real adventure of life time. This trekking is the suit for who have short holidays this trekking route is much best because in the Annapurna region Poon Hill is the best panoramic place in earth. some famous Trekking itinerary as bellows no worry if you have short time we take you the you top of hill than you enjoy to touch with mountains views.

## **Day by Day Itinerary:**

**Day 01: Your arrival to Tribhuvan International Airport,**  
you will be met by our Airport Representative, and transfer to hotel. Overnight at hotel .

**Day 02: Drive Kathmandu to Besishahar (790m).**  
About 5 hours scenic drive by car / van. Overnight at Guest House.

**Day 03: Besishahar to Bahundanda (1310m).**

Trek to Bhulbhule (825m); it then goes to Ngadi before reaching Lampata (1135m.) and Bahundanda (1310m.)  
Overnight at Guest House.

**Day 04: Bahundanda to Chyamje (1400m).**

Trek to Chyamje at 1400m. Overnight at Guest House.

**Day 05: Chyamje to Bagarchhap (2160m).**

Trek to Bagarchhap (2160m.), Overnight at Guest House.

**Day 06: Bagarchhap to Chame (2630m).**

With often rough and rocky, the trail climbs to Tyanja (2360m.), Than Chame, Overnight at Guest House.

**Day 07: Chame to Pisang (3300m).**

Trek to Pisang, which sprawls between 3200m & 3300m. Overnight at Guest House.

**Day 08: Pisang to Manang (3500m).**

Trek to Manang (3500m.), Overnight at Guest House.

**Day 09: Manang - Acclimatization day**

Rest day for acclimatization. Overnight at Guest House.

**Day 10: Manang to Ledar (4250m).**

Trek to Ledar (4250m.), there we see the vegetations steadily more sparse. Overnight at Guest House.

**Day 11: Ledar to Phedi or High camp (4600m).**

Climb up to Phedi (4420m.), Overnight at Guest House.

**Day 12: Phedi or High Camp to Muktinath (3710m).**

The journey from Phedi "foot of the hill" or at the foot to the 5416m Thorung La pass, begins the day. Than trek to Muktinath. Overnight at Guest House.

**Day 13: Trek to Jomsom (2713m.).**

Treks ends here. Overnight at Guest House.

**Day 14: Fly back to Pokhara**

(about 20 minutes short, but scenic flight). Overnight at hotel .

**Day 15: Drive back to Kathmandu by Tourist Bus/Privat vehicle/Flight, Overnight at Guest House.**

**Day 16: Transfer to Airport for your onward Journey.**

**What is Trekking?**

A walk of few or many days up and down trail villages, hills & forests is call trekking. A walk through the hills of Nepal will not only give you a view of the mountains, but also take you through remote villages inhabited by hospitable people who will always well comes you smiling. We invite you to join us on visit to this remote region to see the truth of your dream.

**Trekking Styles:**

There are very various ways of trekking on foot through Himalayan range of Nepal. When you are planning a trek you need to think carefully about different styles of trekking available. Remember that when hiking in any major range of the mountains, it makes sense to go with at least one well-chosen companion, as a slip and a sprained ankle can acquire at any time. It is also prudent to register with your embassy before setting off, and to sign in at any police checkpoint along the way.

### **Typical Trekking Days:**

Most of days begin with stunning Himalayas sunrise when the crew bring around a piping hot cup of tea and a warm bowl of washing water. After hearty breakfast cooked we generally walk for 3 to 4 hours. You are encouraged to walk at your own pace, stopping frequently for photographs or to explore local villages. There is a lot of leisureed time, you are allowed to rinse out clothes, read novel books or explore small mounds. .

The journey on the Himalayas varies in length to reach our campsite or lodge by the afternoon. The rest of the day is free to explore, read or write up diaries while dinner is being prepared by the trekking staff. The evening is spent in the mess tent or lodge following a three course meal. On our higher altitude treks, rest and exploration days are built in to ensure proper acclimatization. So Samrat Tours & Travels P. Ltd classified his trekking into three types.

### **Private Groups:**

Every year, Samrat Tours & Travels operates a range of private groups. They may be a small or a big group, wishing to go trekking with their friends around Annapurna, Dhaulagiri, Langtang, or they follow the itinerary which has included many destinations of Nepal. This is besides included the Everest region & various regions. Samrat treks has the expertise to provide you a high quality service at very competitive prices.

### **School & Collage:**

Samrat Groups, which specializes in trekking, handles School & collage groups to the Himalayan at the affordable prices. The itineraries of this company are designed to provide a real insight in the cultural, religious and environmental aspects of the Himalayan but just as importantly, they are fun, exposed to a Samrat adventure. Students will quickly discover the rich rewards of exploring the globe. Please contact more information. Family Holidays:

We have introduced two programmes for the different Himalayas (Annapurna, Langtang & Mt. Everest regions) as the camping trek and tea house trek. The company operates specially family as well as student groups. The mentioned regions are suitable to the families for going trek, no trouble on the route. Departure dates are fixed for both groups. The company allows families with younger children to travel together.

### **General Information:**

Trekking in the Himalayan. The best way to experience Nepal's unbeatable combination of natural beauty and cultural riches is to walk through them. The immense contrasts in altitudes and climates found here support an equally spectacular range of lifestyles, vegetation and wildlife. Trekking in the mountains of Nepal is more a cultural experience than a wilderness expedition. You will be passing through picturesque villages inhabited by diverse ethnic groups. You will see Cheetri farmers working in their fields and Tamang herders grazing their animals on the steep slopes. And you will meet Gurkha soldiers on the way, come across Sherpa yak drivers transporting goods over the high mountain passes. And always in the background, the icy pinnacles of the Himalayan loom over the scenery.

## **What is included in the price?**

- Hotel / Airport pick up & drop by private car / van / bus
- Accommodation as required by you or as specified in the appropriate itinerary
- Guided city tours if applicable by private car / van / bus
- All your standard Meals during the trek (Breakfasts, Lunches, Dinners)
- Local licensed English speaking Guide
- The required number of local staff and porters to carry your luggage during the trek
- Food, accommodation, salary, insurance, equipment and medicine for all staff
- Airfares including taxes as appropriate for internal flight transfer as part of trekking itinerary
- Land transfers as appropriate for trekking itinerary
- All our government taxes
- Official expense

## What is not included in the price?

- Certain lunches and dinners as explained in the trekking itinerary
- Your travel insurance (compulsory)
- International airfare and airport departure tax
- Appropriate visa fees
- Alcoholic, cold and hot drinks, laundry
- Personal trekking equipment
- Tips for trekking staff and driver. (Tipping is expected)
- Certain sightseeing/monument entrance fees
- Any others expenses which are not mentioned on Price Includes section

## Trip Fact

- **Trip code**EHCS-23339
- **Destination**Nepal
- **Duration**16 days / 15 nights
- **Season**February to October
- **Group Size**Min. 2pax - 12pax + Above
- **activities**Hiking and Trekking