



## Annapurna Circuit Trek

### Trip Facts

<b>Trekking Days</b>	12 Days
<b>Maximum Altitude</b>	5146 m/17769Feet
<b>Group Size</b>	2 to 25 People
<b>Fitness Level</b>	Hard
<b>Transportation</b>	Flight & Private Transport
<b>Accommodation</b>	Hotel/Tea house/Lodge
<b>Best Season</b>	Spring & Autumn
<b>Meals</b>	Breakfast/Lunch/Dinner
<b>Tour Type</b>	Trekking

### Overview

Annapurna Circuit Trek is 12 days hiking tour around Annapurna Himalaya. The classic Annapurna Circuit trekking is 20 days and more. We have shortened the classical tour to 12 days following the same route by only reducing the days of hiking. The target group of Short Annapurna Circuit Trek is those people who desire to explore the fascinating Annapurna Himalayan zone and to cross the world's longest mountain pass called Thorung La within a short time. Annapurna Circuit Trek is possible to make more shorten like 10 days. But, since it includes high pass hiking and needs to be physically fit for high elevation, we suggest 12 days of trekking for the people who have less experience of high altitude trekking in the Himalayas.



# Days of Itinerary

## Day 1

### **Arrival Kathmndu(1,350m).**

Our tour officer will be receiving you at Tribhuvan International airport, Kathmandu. He/She will be displaying a playing card with your name written on it outside the airport terminal. He will meet, greet and welcome you with auspicious garland and escort you to your respective hotel by our private tourist vehicle. At the hotel, he will assist you in check-in and do a pre-trip meeting with you. You will be briefed about your overall program, introduced to your guide, and clear your questions/queries if any. During the meeting please clear the due balance and hand over a readable copy of your travel insurance policy. Overnight at a hotel.

## Day 2

### **Drive to Besisahar-172km.**

Our trekking guide will pick you up at the hotel at 7:00 am and escort you to the bus station. You will have a 5:30 hrs scenic drive to Beshi Sahar through mountain terrain. On the way, the bus stops for half an hour for lunch. Then drive continues till you reach Besi Sahar. Upon arrival at Besi Sahar (760m), you will see the eye-catching mountain landscape. It's a small town nearby the Marshyangdi River. Overnight at a mountain lodge.

## Day 3

### **Drive to pisang (3,190m./10,466ft).**

After breakfast, you take a local jeep for driving to reach Pisang. The jeep follows off-road. Firstly, it runs along with the Marshyangdi River. Then it climbs gradually the steep way and passes through the major stopping places (Bhulbhule, Syange, Jagat, Dharapani, Chame) of the old Annapurna



Circuit Trail. The bus ride is a little bit bumpy but very much exciting with scenic views. After you arrive in Pisang, you will be checked in to your lodge. Overnight at a mountain lodge.

## Day 4

### **Trek to Manang (3,500m./11483ft).**

Today the trail continues through the drier upper part of the Manang district. Ahead this trail separates into two routes: upper and lower route. Later both meet up again at Munchi. The lower route is by Hongde, with its airstrip, at 3325meters which involves less climbing than the upper route via Ghyaru. Your guide takes you through the upper route as it has panoramic views of the mountain peaks such as Annapurna, Pisang peak, and several others on the trail. You will experience a contrast with the landscape and vegetation from today. On the way, the cold and dry climate creates a much harsher environment. Your short visit to Barge monastery, the largest in the entire district of Manang, will also be memorable. Overnight at a mountain lodge.

## Day 5

### **Acclimatization over gangapurna lake (3,750m).**

Today is the rest day for acclimatization purposes. It is not recommended to stay idle but a short walk to a nearby higher place is suggested to get acclimatized. The next two days will be a very challenging and tiring trek with a rapid gain in altitude. Bhojo Gompa or Gangapurna Lake is worth visiting sites from an acclimatization point of view. Further, you may go for an easy excursion to Vraga village which is a little distance. You may also visit at aid post of the Himalayan Rescue Association where you can get ideas about Mountain Sickness. Overnight at a mountain lodge.



## Day 6

### **Trek to Yak kharka(4,090m./13,418ft).**

After breakfast, your day starts with crossing the stream, climbs to a village of Tenki above Manang, and then continues to climb out of the Marshyangdi Valley turning northwest up the valley of Jarsang Khola. The trail passes a few pastures. The route further passes near the small village of Ghunsa, a cluster of flat mud roofs just below the trailhead. Now the trail goes through meadows where horses and yaks graze. After crossing a small river on a wooden bridge, the trail passes an ancient old Mani wall in a pleasant meadow and then reaches another small village is called Yak Kharka. Overnight at a mountain lodge.

## Day 7

### **Trek to Throng fedi (4,441m./14,570ft.) or high camp (4,925m/16,158ft).**

Today your destination is Throng Phedi. It is a small busy settlement catering to the needs of tired trekkers and climbers. Generally, Trekkers use this point as a base camp. After some hours of ascending along with crossing the river, you will arrive at Thorung Phedi. You will not see any more trees around here. Just below the settlement, there is big pastureland. From Thorung Phedi the next camp is High Camp. It takes a further 1:30 to 2 hr to reach High Camp from Thorung Phedi. Overnight at a mountain lodge.

## Day 8

### **Throng-la pass (5,410m./17,769ft.) to Muktinath.**

Today is the longest trekking day of your whole trekking and also the most highlight section of your trip. It is wise to leave early in the morning at 4 is to reach Thoroung La pass by 9-10 am otherwise weather conditions will greatly affect the journey. The trail continues uphill all the way to Thorong pass where you can see a stone hillock with a flapping prayer flag. As soon as crossing throng La



the trail descends all the way to Muktinath, the holy place for Hindus and Buddhists. It has a holy temple dedicated to Lord Vishnu and several Buddhist monasteries. Overnight at a mountain lodge.

## Day 9

### **Trek to Jomsome (2,715m.) via kagbeni.**

Today before you are heading to Jomsom visit Muktinath temple. Then you follow the trail down to the Eklebhatti. As the trail extends you can enjoy the magnificent views of Mt. Dhaulagiri. You pass through meadows, streams, and hills over to Kagbeni, a village laden with Buddhist Chortens and a small monastery. Then you continue trekking following the Kaligandaki River to Jomsom. Jomsom is a small town with many facilities and is also headquarter of the Mustang district. Overnight at a mountain lodge.

## Day 10

### **Jomsome to fly pokhara 25 minutes.**

Wake up early in the morning around 5:30 AM and have breakfast then walk to the domestic airport in just 5 minutes. And fly to Pokhara. Another option is by bus then drive to Pokhara. From Jomsom to Beni is off-road driving but a scenic one. You pass through the villages of Marpha, Kalopani, Ghasa, Tatopani. On the way, you can see the beautiful Rupshe Waterfall. From Beni to Pokhara is blacktopped road. Upon reaching Pokhara, you check-in at Hotel. Free and relax. In the evening you may visit Fewa Lake and walk on Lake Side street to see the market. Overnight at a hotel.

## Day 11

### **Valley sightseeing, over night at pokhara.**

Ok, today is your day whatever you like to relax or sightseeing, if you want to sightsee there are many places have to see like Bat cave, Mahendra cave, Gupte shower cave, David fall, peace stupa,



International mountain museum. you'd you want boating it's also available there in Phewa lake  
you'd you want paragliding it's also available over Sarang Kot.

## Day 12

### **Pokhara to Kathmandu by (flight/vehicle.)**

After breakfast, pick up you till to domestic airport from the hotel its 15minut drive to the airport.  
another choice by the tourist bus. walk to the tourist bus station with a trekking guide. The bus  
leaves Pokhara at 7 A.M. You will reach Kathmandu around 2 pm. The rest of the day at leisure/  
you can do some last-minute souvenirs shopping for your family and friends. Evening you will be  
offered a farewell dinner with Nepali cuisines and cultural dances at a typical Nepali Restaurant.  
Overnight at a hotel.

## Day 13

### **Departure.**

This day is the final day for you from Nepal after successful your destination target. today going to  
bye-bye all who together walked, eaten, played all think shared like family. everybody happy-go-  
lucky too within 15-16 days. and finally going to meet your happy family and friends. everyone  
shaking our hand and say bye-bye see you again.





## Gallery





## Trip Cost Includes

- ❖ Airport pick-up and drop Transportation.
- ❖ 3-Night Hotel at Kathmandu (3 Start) Hotel.
- ❖ Domestic flight tickets (Kathmandu – Lukla – Kathmandu) and airport departure taxes.
- ❖ (100% Waterproof) Duffle bag to keep your personal belongings and things to be carried by the porter.
- ❖ 3 Time Meals with Tea/Coffee During Trek.
- ❖ Professional English-speaking Guide, Assistance Guide, and Potters (Size of the Groups) During the Trek.
- ❖ Permit, "Tims", National Parks Entry Fee.
- ❖ All wages and medical, Insurance, for the Guide and potters.
- ❖ First-aid Medical Kits for the Group and Staff.
- ❖ Fare-Well dinner in Kathmandu Before Departure.
- ❖ Helicopter stands by for rescue (nominally charge applies).
- ❖ Unique Sherpa trek & Expedition Appreciation Certificate after the successful trek.
- ❖ All taxes are imposed by the government of Nepal.

## Trip Cost Excludes

- ❖ Nepal entry visa fee.
- ❖ Lunch and dinner in Kathmandu and also in case of early return than the scheduled itinerary.
- ❖ Extra baggage check-in during the flight (Kathmandu-Lukla-Kathmandu) if more than 15 KG, extra, can pay directly to the airline.
- ❖ Tips for guides, porters, and divers.
- ❖ Any kind of meal During Your Stay in Kathmandu (Except Farewell Dinner).





- ❖ Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek.
- ❖ Rescue, Medicine, Medical Test, Repatriation, Hospitalization Expenses for Climbs.
- ❖ Any Internet, Hot shower, Drinking Water, Alcohol, cold Drinks, Laundry.
- ❖ Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth.
- ❖ Insurance for Clients.
- ❖ International flight Tickets.
- ❖ Clothing, Packing Items or bag, personal, Medical Kits, and Personal Trekking Gear.
- ❖ any other items, not Included in the Above (Cost Includes) Section.

## Terms & Conditions

**Unique Sherpa Trek And Expedition** :Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

**Booking Terms:** Booking your trip with Unique Sherpa Trek And Expedition accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 30% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.



**Cancellation Policy:** If any reason you have to cancel your trip, we Unique Sherpa Trek and expedition require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged.
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged.
- Cancellation more than 18 to 10 days before your departure date: 50% will charged.
- Cancellation more than 9 to 05 days before your departure date: 75% will charged.
- Cancellation less than 4 days before your departure date: 100% of the total will charged.

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

**Physical Condition Requirement:** Unique Sherpa Trek & Expedition can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

**Risk & Responsibility:** Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired.



Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

**Travel Insurance:** You must purchase comprehensive travel insurance package against medical, natural calamity, helicopter evacuation, personal accident, trip cancellation etc with worth of USD 100,000.00 minimum. However travel insurance is not mandatory for those travelers (s) who is intend cultural/city tours or short hike bellow 2500 meters of altitude.. This is strongly suggested to all our esteemed clients, which will greatly help you when there is a need for high altitude sickness or any other. If you have no idea we will help you to find this good one contact us.

**Domestic flight Cancellation, delays and changes in the itinerary:** The weather conditions especially in Nepal cannot predict perfectly, therefore, develop an alternative mentality in case of flight cancels and delays. Generally, all trekking route in Nepal are lies on remote areas so, we, Unique Sherpa Treks and Expedition advised you to make an extra reservation day to prepare with some delays and avoid frustrating consequences. In case of cancellation before trip or after trip the accommodation and food cost need to bear by yourself.

**In case of incomplete treks or tour:** No refund will be made to clients who drop out from the journey regardless of whatever portions remain unused in the itinerary. First of all, we never broke the trekking team in between until our last destination as per our itinerary given to you. If any Clients wants to make single trip or wants to depart with team or wants to make the trek by making own itinerary, on those condition we, Unique Sherpa Treks and Expedition do not accept the condition. In such case, the Clients him/her self-need to bear all the expenses during trek made by yourself and need to make your own risk.



**Payment System Advance booking:** You can directly transfer or deposit your amount to our company's official bank account number. We will be not responsible if you send your money in any private name like (people account) We will only response when you send your advance payment we will clear you with bank statement.

**This is the bank detail:**

Bank name: Nepal investment MEGA Bank Limited.

Account no: 13201050044295

SWIFT CODE: NIBLNPKT

Branch: Thamel: Kathmandu Nepal

Account name: Unique Sherpa Trek & Expedition Pvt. Ltd.





## Book Your Trip Todays !

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Thank You For Your Time