



ANNAPURNA CIRCUIT EXPEDITION

THORONG LA PASS

28TH OCTOBER - 13TH NOVEMBER 2023



ITINERARY DAY 1

Flight: 28th Oct EK110
MLT-DBX 1535-0105
29TH OCT EK2446 DXB-
KTM 0815-1400

WELCOME TO KATHMANDU, NEPAL

Our local representative will pick you up and transfer you to the hotel. After check in our senior Sherpa guide will come to meet you and give you a brief orientation about Annapurna Circuit Trek.

In the evening, we will start to bring out the Nepalese side from within you, with a typical Nepalese dinner and traditional dance. You can then go for a stroll down the street to get familiar with the neighbourhood, have supper and go to bed.

Accommodation: Hotel Thamel Park 3*

ITINERARY

DAY 2

KATHMANDU CITY

If you wish you can opt for an optional early scenic flight over Everest.

In the morning, we set off for a sightseeing tour in Kathmandu valley around world heritage sites, where you will be escorted by our official tour guide. You will be taken on full day guided tour of Kathmandu city, visiting Pashupatinath, the most famous and revered Hindu shrine in the country; Boudhanath, the largest Buddhist stupa in Nepal, Soyambhunath, which contains both Buddhist and Hindu shrines and last you will visit historical Kathmandu durbar square.

Transfer to Trishuli River area to get closer to the Himalayas.

Accommodation: Trishuli Riverside 3* or similar

ITINERARY

DAY 3

JOURNEY TOWARDS THE HIMALAYAS

After breakfast, we take a scenic bus drive along the bank of Trishuli and Marshyangdi river from Kathmandu to Besisahar (825m) and then an off-road with a 4x4 jeep drive to Dharapani (1860). Around a 9 hour drive.

Overnight at lodge inclusive full board meals.

Accommodation: Gorkha Inn Guest House 3* (FB)

ITINERARY

DAY 4



DHARAPANI TO CHAME

After Breakfast enjoy your first taste of the Himalayas by trekking from Dharapani all the way to Chame with an elevation of (2630m) with an approximate of a 5-hour trek.

Trek 26 Km / 6 Hrs

Accommodation: Royal Garden Guest house –
Chame

ITINERARY

DAY 5

TREK TO PISANG

With Lamjung Himal (6893m) sparkling in the morning sun, you will set off for Pisang. Walk through a pine forest and climbing to a high, rocky area. From this point, the valley becomes extremely steep-sided as you follow the path to Bhratang (2950m.). The valley changes from a V-shape to a gentle U-shape, opening up a wonderful vista before you. You can see the east peak of Annapurna II as well as Pisang Peak (6091m.). Continuing on, you come to a long Mani wall by a bridge and the lower village of Pisang, where you will be spending the night.

Trek 16.5 KM/ 5 Hrs

Accommodation: Mandala/Hilltop Guest house

ITINERARY

DAY 6

TREK TO MANANG

Good views of the Manang valley and Tilicho peak (7145m.). Descending past Manang's airstrip at Hungde (3320m.), you'll be taken to a level area from where the north-east face of Annapurna III rises. From the wide plains of the Sabje Khola Valley, Annapurna IV (7525m.) also becomes visible. Just beyond this point, we cross the Marshyangdi Khola via a wooden bridge to the tiny village of Mungji. After a short steep climb, you reach Manang.

Trek 19.5KM/6 Hrs

Accommodation: Thorong La Guest House -Manang



ITINERARY DAY 7

ACCLIMMATIZATION

After breakfast, we hike up to Ice Lake from where you will see panoramic Himalayan views of the Mt. Manaslu 8163m, Mt. Annapurna II 7937m, Annapurna III 7555m, Annapurna IV 7525m, Gangapurna 7455m, Tilicho peak 7134m, Pisang peak 6091m etc.

After taking in the beauty of the Ice lake then back to Manang. A total of about 7 hours hike.

Trek 7KM / 8 Hrs

Accommodation: Thorong La Guest House -Manang

ITINERARY

DAY 8

JOURNEY TO YAK KHARKA

Today's trek takes you to Yak Kharka an approximate of 3-hour trek 4030m. From Manang village, the trail crosses a stream, climbs to a village of Tenki and continues to climb out of the Marshyangdi Valley turning northwest up the valley of Jarsang Khola. The trail gradually climbs upwards and eventually, we will reach the village of Ghunsa. Passing ancient Mani stone walls and wooden bridges, we will finally reach Yak Kharka

Trek 10KM/ 4 Hrs

Accommodation: Himalayan Inn Guest house -
Yak Kharka

ITINERARY DAY 9



TREK TO THORONG PHEDI

Making our way past Yak Kharka, we will move towards the foot of Thorong Phedi. This is a small yet bustling settlement that caters to the needs of the trekkers and climbers. We will use this point as our base camp and stop for the day.

(an approximate of 3 hour trekking to an elevation of 4519m)

Trek 5KM/ 4 Hrs

Accommodation: Phedi Guest house – Phedi

ITINERARY

DAY 10



CROSS THE SUMMIT

We will cross “Thorong La Pass”, one of the longest pass in the world. Cherish every emotion once on top, you have conquered it and checked it off your bucket list.

Trek 16KM/ 8 Hrs

Accommodation: Bob Marley Lodge or Eureka Inn Lodge

ITINERARY

DAY 11



DRIVE TO POKHARA

A long 10 hour off-road drive by bus down the Himalayas from Muktinath to Pokhara. This is a very long yet scenic drive allowing you to see the other side of the circuit. Once in Pokhara you can finally have a good nights sleep to wake up refreshed for your next relaxed two days in this hip place.

Accommodation: Hotel Splendid View 3*

ITINERARY

DAY 12



POKHARA

This is all about relaxing in beautiful Pokhara. Enjoy a stroll along the beautiful lake, go shopping, get a massage or for those who want more adventure go paragliding to see the lake from the top with a backdrop of the Himalayas (optional).

Accommodation: Hotel Splendid View 3*

ITINERARY

DAY 13



EXPLORING POKHARA

Early in the morning we leave for Sarangkot, a hill that overlooks the Annapurna and Dhaulagiri ranges to catch amazing views of sunrise. We then head back to hotel for breakfast and then visit peace monastery, David fall, Mahendra cave and Tal Barahi Temple in Fewa lake. in the afternoon you can choose optional Pokhara experiencing white water rafting.

Accommodation: Hotel Splendid View 3*

ITINERARY

DAY 14

BACK TO KATHMANDU

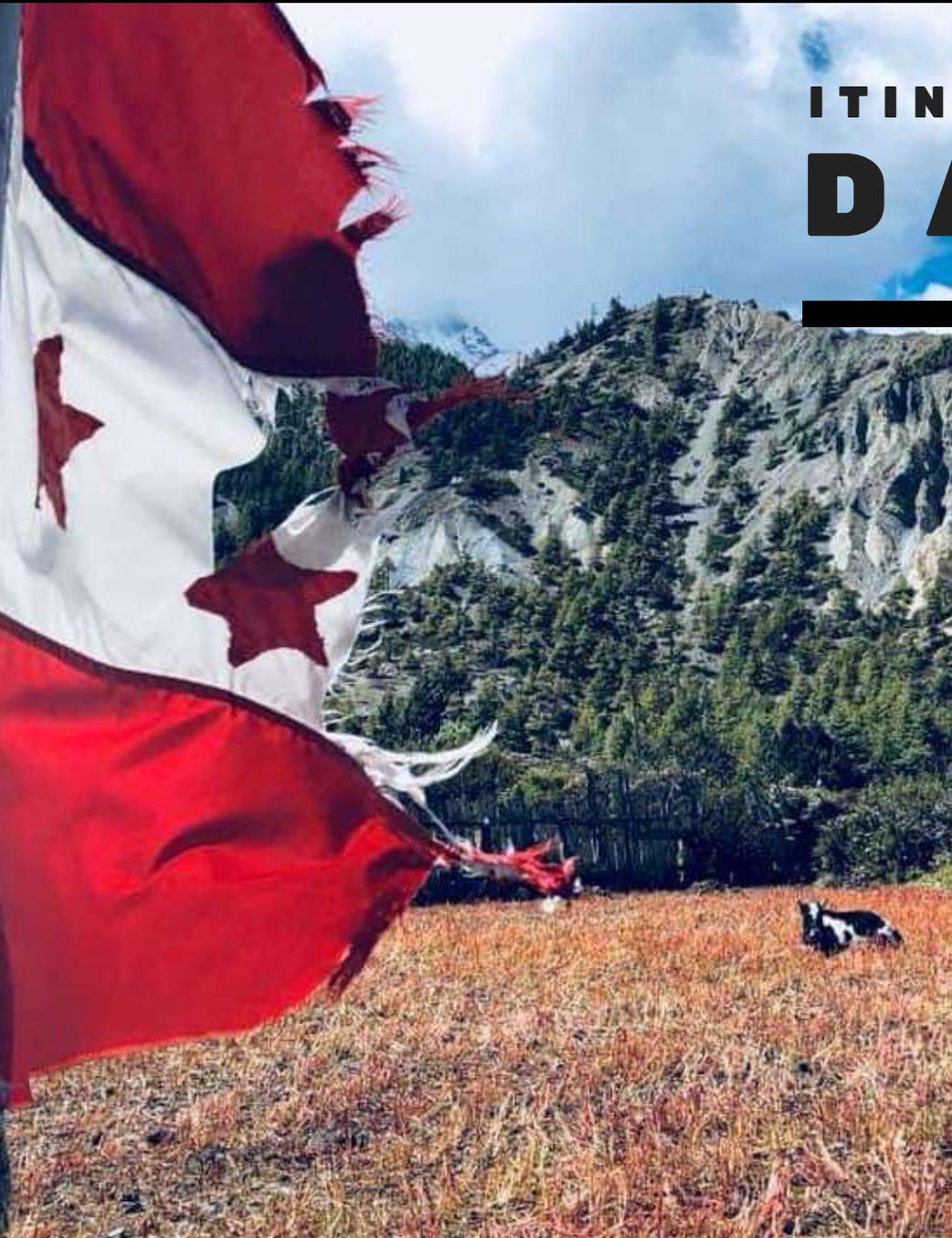
While driving from Pokhara to Kathmandu, we head up to Damauli, Dumre, Mugling and Kurintar where Nepal's first Cable car is operated to reach Manakamana Temple, where most Nepalese come to have their wishes granted before leaving home or getting married. From Naubise we climb up to Thankot, the gateway to Kathmandu and finally reach our hotel & a lovely soft warm bed. We arrive back to Kathmandu after a long 8 hour drive, enjoy the last minutes of this adventure shopping and strolling around any of the areas that you might have missed on your first visit.

Accommodation: Hotel Thamel Park 3*

ITINERARY

DAY 15

Flight: 13th Nov EK2154
KTM-DBX 00.45-04.25
EK109 DXB-MLT 0735-1315



JOURNEY BACK HOME

All good things come to an end.

3 hours before the scheduled flight, a representative will take you to the airport and wish for your safe journey.



PACKAGE INCLUDES

Accommodation & meals:

- > All accommodations during the trip
- > Daily breakfast & all full board meals during trekking days (8 lunches, 8 dinners)
- > Welcome Nepalese dinner in Kathmandu

Transportation:

- > Airport transfers
- > Transport between locations

Other:

- > Team-building pre-Nepal treks in Malta (x3)
- > Detailed packing checklist
- > Experienced Maltese Trip Manager
- > English-speaking professional trekking Nepalese Guide for the trek
- > Trekking permit & documentation
- > One day Kathmandu sightseeing
- > First aid kit during trek
- > Adventure certificate
- > All Government Taxes & Service Charges



PACKAGE EXCLUDES

- >> International flights (around €1200)
- > Nepal entry VISA (€30)
- > Entry fees on sightseeing trips (€20)
- > Travel & Rescue Insurance
- > Lunch & Dinner in Kathmandu & Pokhara
- > Personal expenses
- > Tips for guides
- > Porters for the trek (Kraze travel rain protection duffel bag to use for the trek included)



#MAKEITHAPPEN

For more info about prices and discounts reply now to this email!



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