



ADVENTURE CONSULTANT

**MOUNTAIN GOAL ADVENTURE CONSULTANT** (742912-V)

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## **Annapurna Circuit trek**



Duration: 16 days

Maximum Elevation: 5416m

Grade: Medium / Hard Season: Mid September to November and March to mid May

Summary: Walk completely around the Annapurna massif. Trek through low land Brahmin and Chhettri villages to the remote Manang village, and down the Kalkigandaki Gorge (officially deepest George in the World). Cross a 5416m pass-probably the highest you will ever get without climbing a mountain.

This 16 day trek offers the widest range of experiences we have ever encountered, and for this reason it has become most popular trek in Nepal. It passes through country inhabited by a wide diversity of peoples, offers spectacular mountain scenery and goes far north of the Himalayas to the Tibetan Plateau. Altitudes of 5416m are reached, and a high level of physical health and fitness is necessary.

The journey begins in Besisahar town, where, for the first 7 days we will trek through the eloquent rice paddies, lush jungle and hospitable villages of the Annapurna Conservation Area. The awe-inspiring views of Mt. Manaslu (8187m) and the Annapurna range provide a dramatic backdrop for the initial stages of this trek. An acclimatization day will be spent in the Tibetan village of Manang (3500m), where we will be able to observe Buddhist monks in worship at one of the many majestic monasteries of this area. A side trip will also be taken to the icy Gangapurna Lake and the awesome Gangapurna Glacier, a photographer's paradise! We continue ascending to the Throng La Pass (5416m), from where we can enjoy spectacular views of Mustang Peak and the snow-covered giant; Dhaulagiri (8167m). Arriving in village of Muktinath, we will be able to see the celebrated Hindu pilgrimage site of Muktinath Temple with its 108 spring water taps and the mysterious natural gas fires. We descend, following the breathtaking Kali Gandaki River Valley, officially the deepest gorge in the world.

#### Outline Itinerary

Day 1 Arrival in Katmandu International Airport and transferred to Hotel

Day 2 Early morning drive from Katmandu to Besisahar by bus

Day 3 Trekking starts: Besisahar to Bahundanda

Day 4 Bahundanda to Chamje

Day 5 Chamje to Bagarchhap

Day 6 Bagarchhap to Chame

Day 7 Chame to Pisang

Day 8 Pisang to Manang

Day 9 Acclimatization day in Manang

Day 10 Manang to Letdar

Day 11 Letdar to Thorung Phedi

Day 12 Thorung Phedi to Muktinath

Day 13 Muktinath to Jomsom

Day 14 Jomsom to Pokhara (30mins) by flight trek concludes.

Day 15 Early morning drive from Pokhara to Kathmandu by bus.

Day 16 Kathmandu to KL by flight.

#### **Our service include for Annapurna Region**

- Pre-trip services & advice & training

- 2 way KLIA-Kathmandu-kathmandu-KLIA economy flight.
- Flight from Jomsom to Pokhara.
- All transportation from Kathmandu to destination (return)
- Two free Mountain training trip provided by MMG.
- Trekking Permit/(ACAP)/national park
- Share one porter every two members
- Accommodations – two night hotel in Kathmandu ,two night hotel in Pokhara and on teahouse as per plan , twins sharing basic
- English speaking trained government licensed holder guide/Sherpa for trek and tours
- Rescue Arrangements off course not the rescue bills
- Visa

### **Our service doesn't include**

- Personal expenses (e.g. phone calls, laundry, alcohol, soft drinks, bottled water, souvenirs, etc.)
- Your personal insurance
- Equipment
- Excess baggage charges
- Tips for the staffs because this is the sign of the guest happiness at the end of the trip it has been establish a custom say "Baksis
- Any loss due to unforeseen circumstances such as flight delays, road blockage due to landslide, Etc.
- Travel, trek and expedition medical and evacuation insurance
- Emergency evacuation charges, if required
- Donation, Food in (Trekking, Kathmandu and Pokhara )

### **Important Note**

#### **It Is for me?**

For the trek on this trip the general rule is the more preparation you have done for it, the more you will enjoy it. The climb is pretty strenuous as we walk through hilly terrain with our back packs and the temperature is often cool and can drop to -15 Celsius at the Annapurna area. MMG recommend that you undertake regular aerobic activities in three months before you trekking, particularly if you are not in the habit of regular exercise. Walking, jogging, swimming or riding a bike is all good ways to increase your aerobic fitness, which will allow you to enjoy the trek to its fullest.

Every effort will be made to keep to the above schedule, but as this is Adventure expedition in a remote mountain region, we cannot guarantee it. Weather conditions, road slides, avalanches, public strikes, natural changes of walking track, vehicle breakdowns and the health of fellow travelers can all contribute to changes. We will try to ensure that the trip runs according to schedule.

### **Payment:-**

- 1. Bank** :- May Bank
- 2. Account Name** :- Mountain Goal Adventure Consultant S/B
- 3. Account No.** :- 5645 5711 8287
- 4. Deposit** :- RM 2500.00