

## Mini Annapurna Circuit Trek - 14 Days

**"If you want to circumnavigate the Mt. Annapurna and walk past the ThorongLa but have a limited time, join our Mini Annapurna Circuit Trek."**

Trek through Annapurna Mini Circuit and trek through the most famous trekking trail of Annapurna Circuit over the Thorong La Pass concluding at the scenic windy town of Jomsom. Mini Annapurna trekking circuit half of the Annapurna Circuit Trek and is ideal for time-bounded people who are unable to trek through the whole Annapurna Circuit Trail. Still this Mini Annapurna Circuit Trek extends the natural beauty of glorious Himalayas, cultural and traditional variance along with never seen flora and fauna anywhere else in Annapurna region.

Trekking in Annapurna Mini Circuit is initiated after taking an 8-10 hrs drive from Kathmandu towards Syange or Jagat as per situation via Beshisahar. At the beginning days, we experience the small-big Sherpa inhabited villages, barley, rice and Potato fields across the bottom part of Annapurna conservation area. Peerless delight and enduring adventure of crossing the popular Thorong La Pass at altitude of 5416 meters on the way to Muktinath from Manang with the surround of Dhaulagiri and Annapurna I is just incredible. Finally we conclude this amazing Annapurna mini-circuit trek after trekking towards Jomsom and taking short flight to Pokhara followed by 7 hours drive to Kathmandu.

This particular trek is the gem among the trekking sites in Nepal. Previous hiking experience with moderate level of physical fitness would be an added advantage but novice trekkers can also do this trek with good training and preparation. Just contact Icicles Adventure today and join this trek to explore the charming villages and destinations inside Annapurna region with our professionally experienced trekking staffs.

## PRICE INCLUDES

- Airport and hotel transfers as per itinerary in private vehicle
- Three Three nights' twin sharing accommodation with breakfast in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- One nights twin sharing accommodation with breakfast at a 3-star category hotel in Pokhara
- Guided sightseeing tour in Kathmandu including temple/monument entry fees and private vehicle
- Meals (breakfast, lunch and dinner) during the trek
- Best available teahouse/lodge accommodation (twin sharing ) during the trek
- Staff– one professional, knowledgeable and friendly English speaking trekking leader along with assistant guide (6 trekkers : 1 assistant guide) and porters (2 trekkers : 1 porter) including their food, accommodation, salary, equipment, transportation, and accidental insurance
- Pokhara – Kathmandu transfers by private vehicle (but tourist bus for solo trek)
- Kathmandu – Beshishahar transportation by private car and Beshishahar – Syange by public jeep
- Jomsom to Pokhara flight including departure tax.
- Duffel bag, sleeping bag, and down jacket for use during the trek
- Icicles Adventure T – shirt, trekking map and trip achievement certificate
- First aid medical kit
- TIMS and Annapurna Conservation Area Permit
- All government taxes & office service charge

## PRICE EXCLUDES

- Nepal visa arrangement (more on [Nepal Visa Information](#))
- International/Domestic airfares
- Excess baggage charges
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu or Pokhara because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu or Pokhara (and also in the case of early return from mountain than the programmed itinerary)
- All kind of drinks (alcoholic, hot, or cold)
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc)
- Personal equipments and clothing
- Tips for guides and porters (tip is expected)

## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu (1,338 m/4,390 ft)

As your flight touches down at the Tribhuvan International Airport, you shall meet up with our representative after completing all your airport formalities. Afterward, you will be escorted to your hotel in Kathmandu which will be most probably in the tourist zone in Thamel. We will have a pre-trip meeting at the hotel and you need to pack and be ready to leave for Beshishahar tomorrow morning. Stay overnight at Thamel.

**Accommodation: Kathmandu Hotel**

### Day 2: Drive Kathmandu to Beshishahar to Syange (1100/3600 ft)

Keeping our schedules tight, we now make a move towards Besisahar which is a small local town located in the western region of Nepal. We wake up early, have our breakfast and then make a swift approach towards our transport vehicle for a scenic drive following a popular highway alongside beautiful rivers and hills. Passing through several villages, towns and after crossing many bridges, green farmlands we arrive Beshishahar. From Beshahar, we make again take about 2-3 hours drive to Syange following a trail alongside Marshyandi River. If Syange has a stable weather condition then trekkers from there can see a wide range of mountains majestically standing up in the northern skyline. Stay overnight at Syange village.

**Driving Time: 7-8 hrs - Accommodation: Local lodge - Included Meal: B, L, D**

### Day 3: Trek start Syange to Dharapani (1,860m/6100 ft)

On the first day of the mini-Annapurna circuit trek, we aim to reach Dharapani. The Marshyangdi valley starts getting narrower and narrower but is filled with more vibrant vegetation. We trek past beautiful green forests and numerous waterfalls which adds more to adventure. The landscape dramatically alters with deep gorges and complementary views of the Himalayas. One of the first places we come upon is a village called Tal which is situated at a plateau surrounded by hills and also consists of a huge waterfall. Here we have our lunch and then start heading further for few more hours to arrive at Dharapani village. This village is the place where the Manaslu Circuit trail adjoins with the Annapurna Circuit trek trail. Stay overnight at Dharapani.

**Walking Time: 6-7 hrs - Accommodation: Local lodge - Included Meal: B, L, D**

### Day 4: Dharapani to Chame (2,710m/8890 ft)

With amazing views of Mt. Manaslu and Annapurna range, we leave Dharapani as we need to reach Chame today. Initially after walking for about 2 hours, trekkers reach a village called Danakyue but before that we pass through Bagarchap village which is on our way to Chame village. After here, we now climb our way up to another village called Temang where the spectacular views of the gorgeous Manaslu range can't be held back. The trail is mostly covered with fir and pine trees but nonetheless it will be a remarkable journey as we move our way up towards Thanchok village which is just between Temang and Chame village. As the sun starts to set, we reach our final destination of Chame village with in 1 hour from Thanchok village. Stay overnight at Chame.

**Walking Time: 5-6 hrs - Accommodation: Local lodge - Included Meal: B, L, D**

### **Day 5: Chame to Pisang (3,300m/10824ft)**

Marching our way ahead, we now have to leave Chame after having proper breakfast. Our trail today takes us further north and up to Pisang village. But before that we have to cross a suspension bridge over the Marshyangdi River and enjoy the beautiful scenery of forests filled with pine trees. One of the first places that we reach today is Brathang village which holds great historical value as it once served as a place for refugee Tibetans to fight against the ongoing takeover of Tibet by China. But since then this place has changed a lot as it now is a place widely known for its locally grown apples and other marketed apple products. As we hike higher and higher, we now can see that the number of waterfalls starts decreasing. Here onward, the trail gets even more steeper but it shall be a very refreshing experience for you while you make some final attempts to reach Pisang village. Later after walking for about 6 hours we arrive at Pisang village where we put away our luggage for the rest of the day and just relax for the time being. Enjoy local delicacies and then go to bed as we have yet another day full of adventure lined up tomorrow. Stay overnight at Pisang.

**Walking Time: 5-6 hrs - Accommodation: Local lodge - Included Meal: B, L, D**

### **Day 6: Pisang to Manang (3,540m/11611 ft)**

Today we continue through the drier upper part of the Manang district, cut off from the full effect of the monsoon by the Annapurna Range. People of this region herd the yaks and raise crops for a part of the year. Leaving Pisang, we have alternate trails from the north and the south of the Marshyangdi River which meets up again at Mungji. The southern route by Hongde, with its airstrip at 3,325m, involves less climbing than the northern route via Ghyaru and Ngawal villages. For better views we take the northern route, i.e. through upper Pisang that follows the northern bank of the river. We come across a very picturesque village clinging on to a cliff side where the houses appear to be stacked on top of each other. Its Braga village dominated by the oldest monastery of the region which is more than 500 years old. Upon reaching Manang, The rest of the day can be spent walking around the village and visiting the monastery and enjoying the view from the lodge and acclimatizing.

**Walking Time: 3-4 hrs. Accommodation: Local lodge. Included Meal: B, L, D**

### **Day 7: Acclimatization day at Manang village**

We spend a day acclimatizing in Manang. It is recommended to stay active and take short walk to higher altitude is suggested to get acclimatized with the altitude. The whole day we spend doing some fine day walks and viewing the magnificent sights around the village. The upcoming next two days will be very demanding and tiring trek for us with swift gain in altitude. We should never be too confident with the altitude and should always be watchful. Bodzo Gumpa or Gangapurna Lake is worth visiting sites from acclimatization point of view. Manang village houses Himalayan Rescue Association. Volunteer western doctors work here during the trekking seasons helping educate trekkers and researching on Acute Mountain Sickness (AMS). An altitude talk is held here every afternoon, which is definitely worthwhile attending.

**Walking Time: 3-4 hrs. Accommodation: Local lodge. Included Meal: B, L, D**

### **Day 8: Manang to Yak Kharka (4,110m/13,484ft)**

Continuing on from Manang we cross a stream and then the trail ascends by nearly 500m to Yak Kharka. We make the climb steadily through Tenki village. We descend as we head northward up the Jarsang Valley to cross the river then climb up to Yak Kharka. Herds of yaks and vegetations appear to thin out. We will feel noticeable difficulty breathing and other symptoms of altitude effects on us. We need to be more cautious from this point and drink a lot of water, walk slowly and steadily enjoying the views.

**Walking Time: 4-5 hrs. Accommodation: Local lodge. Included Meal: B, L, D**

### **Day 9: Yak Kharka to Thorong Phedi (4,600m/15,092ft)**

Today is a gentle climb enjoying the mountain views as we ascend to Throng Phedi. After about one hour into the walk we arrive to cross a bridge at Ledar, and a great view of the Chulu mountains. We can spot herds of Himalayan blue sheeps grazing in the slopes and we may also see herds of yaks too. The trail climbs steadily through Ledar and then drops down to cross the Jarsang Khola. After a steep climb and traverse of a scree slope we arrive at Thorung Phedi, a small busy settlement catering to the needs of tired trekkers and climbers. There will be an acclimatizing walk in the afternoon up the trail to the high camp; adhering to one of the golden rules of altitude "climb high and sleep low." Sometimes depending upon the weather, season we may walk up to Thorung High Camp to make the next day easier.

**Walking Time: 3-4 hrs. Accommodation: Local lodge. Included Meal: B, L, D**

### **Day 10: Trek to Muktinath (3,800/12,467ft) via Thorung La pass (5416m/17764ft)**

Today is a long trek starting before sunrise at 4-5 am to reach the pass by 9-10am otherwise weather conditions (strong winds) will greatly affect the journey, particularly at the Thorung La Pass (5,416m). We climb steeply on a regular route which is quite easy to follow. However, some problems may arise due to the altitude and snow. It often causes terrible problems to cross the pass if it is covered by heavy snow. About four hours climb up to the pass marked by the chortens and prayer flags will reward you with stunning views from the top of the pass. The view that awaits us is a fantastic 360 degree panorama. As we turn back to appreciate the effort of the morning, looming straight ahead is Chulu West, following to the right are several of the Annapurnas that have been with us these last few days. The pass is nestled in between Yakgawa Kang (6481m) to the north and Khatung Gang (6484m) to the south. The Kali Gandaki Valley spreads out in front of us and rising from the valley floor some 2500m below are a whole new range of mountains. It is a gentle descent to start with but gets steeper as we get nearer the base of the pass. There are fantastic views of Dhaulagiri (8167m), Tukucho (6920m) and Nilgiri North (7069m) as we approach Muktinath. Muktinath is religiously significant for both Hindus and Buddhists and is a place of pilgrimage. You will see gompas, pagoda-style temples, and religious and culturally important architecture. Muktinath means place of Nirvana and is home to the Muktinath Temple as well as several monasteries. It is said that all sorrows you feel are relieved when visiting the Temple, which is a scared pilgrimage site for both Hindus and Buddhists. The prime pilgrimage month is September. The Temple is dedicated to Lord Vishnu and has 108 waterspouts around it. Another attraction nearby is the Jwala Mai Temple which has a gorgeous natural spring and an eternal flame fueled by natural gas.

**Walking Time: 7-8 hrs. Accommodation: Local lodge. Included Meal: B, L, D**

### **Day 11: Trek to Jomsom (2700m/8856 ft)**

We will move through trail of Kagbeni to reach Jomsom. Today is comparatively easier downhill and level walk through through settlements of Jharkot and Eklebhatti settlements and then through wide Kali Ghandaki floodplains with fantastic views of Mustang valley, the Nilgiri Mountains and Dhaulagiri Ranges. Jomsom is a strong windy and a little cold valley but like the beautiful wet hills and the view of Tilicho mountain as well.

**Walking Time: 4-5 hrs. Accommodation: Local lodge. Included Meal: B, L, D**

### **Day 12: Jomsom to Pokhara**

A 30-minute morning flight takes us to Pokhara from Jomsom. Once we arrive at Pokhara airport, we then drive to the hotel. In the afternoon either we relax in our hotel or may have a sightseeing tour around Pokhara valley, which covers Fewa Lake, Devi's water fall, Museum, Tibetan refugee settlement and Gupteshower cave, etc.

**Flight Time: 30 minutes. Accommodation: Pokhara Hotel. Included Meal: B**

*Note: You have the option to extend your trip with an extra day at Pokhara (Pokhara is a beautiful city to relax after a long trek), Chitwan jungle safari, rafting adventure, Bunjee Jumping, Kayaking, Canoeing, Kathmandu valley shopping tour, Bhaktapur and Patan sightseeing, scenic Everest flight, mountain biking and other activities.*

### **Day 13: Drive Pokhara to Kathmandu**

We drive back to Kathmandu today. Try to get left pane of your vehicle to enjoy the greeneries, mountains, river gorges, villages and terraces during the drive. In the evening, we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances.

**Driving Time: 6 hrs. Accommodation: City Hotel. Included Meal: B**

### **Day 14: Depart Kathmandu-Airport drop**

Our Mini-Annapurna Circuit Trek concludes today. Our airport representative will drop you at the international airport in Kathmandu for your departure flight from Nepal. We the magnificent Himalayan sceneries, and unique cultural experience you got along your Mini-Annapurna Circuit Trek will stay in your memory lifelong and you will go back home with a sense of achievement.

**Included Meal: B**