

# ANNAPURNA CIRCUIT TREKKING : A TRANSFORMATIONAL TREK FOR WOMEN

## GENERAL DETAILS

Category:	Treks for Women
Sub Category:	Annapurna Region
Region:	Annapurna
Duration:	15 days
Accommodation:	Tea-House (Lodges)
Altitude:	5416 m
Meals:	Breakfast/Lunch/Dinner
Difficulty:	Strenuous
Activity:	Trekking (5-6 hours average daily walk )
Season:	March, April, May, September, October, November
Start/End Point:	Kathmandu - Kathmandu
Group Size:	2-30
Total Distance:	160-230 km / 100-145 miles
Transportation:	Private vehicle

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## GROUP DISCOUNTS

1 - 3 pax	: \$ 1100.00
4 - 6 pax	: \$ 1000.00
7 - 9 pax	: \$ 950.00

\* The above price resembles price per person.

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## TRIP OVERVIEW

Annapurna Circuit Trekking is an adventure around the scenic sides of the **massif Annapurna Himalayan range**. The trek leads to exciting country walks from green forested hills to barren

arctic zones of ice and glaciers. The best feature of the journey is following the raging Marsyangdi River upstream and reaching its glacial source at high **Manang Valley**, enclosed by an array of towering giant snow-capped peaks. This trek is a perfect **adventure for women** of all ages whether you are travelling solo or with your fellow **female explorers**, guided by a female trekking guide in Nepal from a trusted **women trekking guide agency**. Trekking in Annapurna Circuit leads you to mind-blowing landscapes and scenery from the beginning to the end of trekking. **Annapurna Circuit** is regarded as one of the best adventure destinations on this planet by various travel guidebooks. In the past few years, the Annapurna Circuit trek route has been shortened due to the construction of motorable roads. Nevertheless, the route around the Annapurna Himalayas retains its charm and beauty, due to its pristine wilderness. The walk leads you to the harmony of impressive Buddhist cultures, from one lovely village to another beautiful settlement.

The adventurous walk begins from the green hills of Dharapani village and then heads west. The trail follows through traditional villages along with constant views of snow peaks to enter the high picturesque Manang Valley. At Manang, there will be time for an extra day before heading towards the highest point of the adventure on top of **Thorang-La Pass**. Explore the lifestyle of Manang women, where their strong sense of unity, resilience, and empowerment showcases the spirit of women supporting women in this remote region. Trekkers can enjoy short scenic hikes to the viewpoints as an exercise procedure for acclimatization. While at Manang, enjoy exploring the village enriched with age-old Buddhist culture.

The adventure continues toward west to the end of Manang Valley with a steep climb up to Thorang-La. This high pass forms the boundary of Manang and Mustang districts on top of Thorang-La. You can enjoy the spectacular panorama of the Himalayan peaks as far as your eyes can reach. The sight include the views of Annapurna Himalayas, Damodar Himal with Chulu's, Dhaulagiri Himal, and Manaslu Himal in the far east direction. After enjoying fabulous views of surrounding stunning scenery, you will descend through a long downhill to reach *Muktinath* around the Mustang area. Muktinath is one of the holiest pilgrimage sites for Hindus and Buddhists.

Slowly, our wonderful adventurous walk ends on reaching downhill to **Kaligandaki Valley** at *Jomsom*. Jomsom is the headquarters town of Mustang district and home to indigenous *Thakali people* . It is located on the ancient Trans Himalayan Salt and Caravan route of Nepal and Tibet-China.

From Jomsom, a swift, short, and scenic flight brings you to a lovely city in Pokhara. A renowned tourist destination in Nepal as well as in the whole of Asia. Pokhara is a city blessed with beautiful scenery and the natural wonders of calm lakes on the laps of the Annapurna Himalayas, a perfect and magnificent place to conclude the wonderful adventure of Annapurna Circuit Trekking.

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## **ITINERARY**

### **Day 1: Arrival in Kathmandu 1,340 m and transfer to hotel.**

Upon arrival at Kathmandu's Nepal International Airport, you will be welcomed by our team of female staff and guides. A short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, getting refreshed from the Jet Lag. Later, join with other members of the Annapurna Circuit Trek at meeting room for briefing. Our female guide or group leader will provide information about the treks, local lodges, and food options. The briefing will include a wide range of information to make your holiday meaningful and enjoyable. Overnight at Hotel.

### **Day 2: In Kathmandu with sightseeing tour and trek preparations.**

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

### **Day 3: Drive to Bhesishar Town 760 m around Lamjung district and Drive to Dharapani village 1,860 m- 11 hrs.**

Early morning we depart from the hotel, for an exciting overland journey to Bhesishar Town, for first overnight beyond Kathmandu. The drive follows lower warm farm villages and towns, then diverts from the main Pokhara and Kathmandu highway to reach Besisahar. Bhesishar is the headquarters town of Lamjung district. In Besisahar, we spend a few minutes for dropping off the passengers. The driving distance to Bhesishar from Kathmandu is approx. 176 km / 109 miles.

We then begin another interesting drive from Bhesishar towards high Manang areas. The drive follows Marsyangdi River to Syange village, and then on winding uphill to Jagat, Chamje. Upon reaching Tal Besi village, you will enter the Manang region and continue on to Dharapani village for your first overnight stay in the mountainous landscape. Dharapani village offers many good lodge for trekkers, which is at junction of Annapurna and Manaslu Circuit routes. From here the air gets cooler within coniferous forest of pines and rhododendrons trees. The driving distance from Bhesishar to Dharapani Village in Manang district is approx. 35 km /19.7 miles. Female guides and porters support you in every way, making travel easier with a familiar companion by your side. With them, you can openly share personal thoughts and challenges, creating a journey that feels both safe and empowering.

#### **Day 4: Trek to Chame 2,710 m -05 hrs.**

Today is the first day of our trek and we start from Dharapani, following a pleasant wide trail within cool shade of lovely forest. As the walk continues, you will arrive at the small village of Bagarchap, where you can enjoy views of the Annapurna peaks. Then, continuing on the trail, you will head to Danque village, known for its apple orchards, before making a steep climb to Timang.

Timang is a large village of mixed Gurung and Magar hill tribes with glorious views of Manaslu and Lamjung Himal. At Timang, you can stop for lunch at one of the nice restaurants before spending the afternoon walking down to the Marsyangdi River. Following the forested path to Kodo village, where route to Upper Manang and Nar Phu trail splits.

From Kodo, a short gradual climb reaches Chame, a large town and headquarters of Manang district. Enjoy the comfort of a nice lodge, having time to explore the town with views of Lamjung Himal North Face. The walking distance from Dharapani to Chame Town is approx. 16 km / 10 miles. (walking distance is much shorter than on drives).

#### **Day 5: Trek to Upper Pisang 3,345 m-06 hrs.**

In the morning, start from Chame and cross a bridge, then follow the forested trail to Brathang village. The walk leads to cross the bridge over the same Masrsyangdi River, and then climb up to a ridge. The hilltop is called Dukure Pokhari, with few lodges and shops which is a nice place for lunch with views of majestic Pisang Peak. The afternoon walk leads down to a flat valley and then reaches Pisang village for a short rest. From here, leave the main trail of the Annapurna Circuit and ascend to Upper Pisang, located high above Pisang village. Enjoy the overnight in a nice simple lodge with grand views of Pisang Peak and Chulus, including the Annapurna Himalayan range. The walking distance from Chame to Upper Pisang is approx. 13.7 km / 8.5 miles.

### **Day 6: Trek to Manang 3,540 m- 05 hour.**

After a pleasant overnight in Pisang Village with glorious views of Annapurna Himalayas, including Pisang and Chulu's peaks we begin our journey from Upper Pisang. From Upper Pisang, you can enjoy a pleasant walk away from the main motorable road. You will also have an opportunity for scenic views of the massif Annapurna Himalayas. As the walk follows above Hongde, a village with a small airstrip, the higher path then leads to Braga. At Braga, we do a short tour of the old Braga monastery, enriched with old relics of Buddhism. The interior of the monastery is filled with idols of famous saints and gurus. From the monastery atop Braga village, enjoy the views of Annapurna and Chulu Himal range.

After enjoying a short visit of the monastery, head down on the main trail. We then walk for an hour to reach Manang. The main village of Upper Manang areas are adorned with typical Tibetan style houses which serve as excellent lodges and restaurants. On reaching the village, enjoy the comfort of a nice lodge accommodation with good food menus. The walking distance from Upper Pisang to Manang Village is approx. 15.7 km/ 9.7 miles.

### **Day 7: At Manang Rest Day for acclimatization and short hike.**

At Manang enjoy a free day for acclimatization and take a hike to Gangapurna Himal Ice fall. The walk route leads down to Masrsyangdi River crossing the bridge, a short climb on top of a high ridge. A scenic hill top for grand views of Gangapurna Himal Ice-Fall and glaciers. It also offers a close views of Annapurna II and III, with Chulu peaks. Afternoon at leisure, explore the village, where most houses are built in Tibetan tradition. The local natives of Manang were migrated from Tibet more than 400 years ago, as you can notice colorful culture and custom similar to its Tibetan predecessors.

You also have an option for a visit to High Ice Lake and 11th Century Saint Milarepa Meditation Cave. It requires a long distance walk to reach these places. The round trip takes more than 5-6 hours and can be quite tiring due to the high altitude.

On your rest day in Manang, you'll have the opportunity to observe the daily lives of the local women, who are known for their kindness and helpfulness.

### **Day 8: Trek to Yak Kharka 4, 110 m - 04 hrs.**

From Manang village, we begin a short day walks of few hours to reach Yak Kharka for lunch and overnight. The path starts with gradual climb towards a smaller settlement with views of Chulu West peak. Slowly the morning walk completes reaching a wide valley at Yak Kharka. A lovely scenic spot with several good lodges, enjoy lunch with views of Gangapurna Himal, and array of peaks. Spend the night in a cozy lodge at Yak Kharka, with the afternoon free for short, refreshing walks. The walking distance from Manang village to Yak Kharka on a pleasant gradual uphill trail is approx. 10 km / 6.5 miles.

### **Day 9: Trek to High Camp 4,900 m-04 hrs.**

Another short day walk, but quite strenuous due to rise in altitude, morning starts on a pleasant path to Ledar. Ledar is a place with few good lodges, from here on gradual winding trail, then down to a stream. After crossing a bridge, take a short climb then walk on gentle path to Thorang Phedi. Phedi, bottom of Thorang-La Pass, stopping here for short rest and then end the day with an hour steep climb to Thorang High Camp for lunch and overnight halt. The walking distance from Yak Kharka to High Camp is 8 km / 5 miles and it is the highest overnight stop of the adventure.

### **Day 10: Trek to Muktinath 3, 800 m crossing high Thorang la pass 5,416 m / 17,700 feet - 06 hrs.**

Today is a big day of the adventure. Start the morning with an early breakfast, then start the morning walk on a level, winding path. As the walk progresses, continue with a steady climb along an undulating, winding trail until you reach the top of Thorong-La Pass. The highest point of the adventure at 5,416 m / 17,700 feet high. The top is festooned with thousands of Buddhist colorful prayer flags. Enjoy the panorama of Chulu peaks with Damodar Himal, which includes views of Annapurna Himalaya and Dhaulagiri Mountain range. From the top, we walk a long descend to the bottom at another Phedi within Mustang district. Have a short

rest or enjoy lunch break at Phedi. In Phedi, there are a few small tea houses and restaurants. In the afternoon, enjoy a gradual walk to Muktinath, situated at an altitude of 3,800 meters, for an overnight stop. A holy spot for all Hindus, the word Muktinath means 'Liberation' to be free from the life cycle. At Muktinath, you will be transferred into one of the nice lodges with excellent views of Tilicho, Nilgiri's and Dhaulagiri mountain range. The walking distance from Thorang High Camp to Rani-Pawa, the village within Muktinath and Mustang area is 15 kilometers / 9.5 miles.

Celebrate your incredible achievement of crossing Thorong La Pass alongside your female friends, guides, and porters. This special day highlights the strength and determination of females as you celebrate together the achievement of crossing the highest pass.

### **Day 11: Trek to Jomsom 2,715 n via Kagbeni 2,880 m-05 hrs.**

In the morning, take time for a visit and prayer at Muktinath, a site steeped in history and ancient purity. For more than 2,300 years, Hindus and Buddhists have come on a pilgrimage to this holy site, drawn by its natural power.

The visit leads to the Temple of Muktinath and 108 water spouts, which are also the source of Kaligandaki River. Pilgrims also search for fossil called Shaligram (ammonite) in this place. Saligrams is a small rounded rocks, if split open they reveal the imprint of ammonites formed 140 million years ago. Because of its wheel-like shape the Shaligram is associated with the Hindu god Vishnu.

Muktinath area offers grand views of Dhaulagiri, including Tilicho and Nilgiri's peaks. After a holy visit of Muktinath, walk down to Kagbeni, an exciting village to experience. The village of strong Tibetan influence, as well the entrance to Upper Mustang the Restricted Area in Nepal. From here a short walk to Eklay Bhatti, the junction to Jomsom, Muktinath and Kagbeni. After a short rest with possible lunch break, continue walk along the valley floor of Kaligandaki River. The walk slowly ends on reaching Jomsom for overnight stop. Jomsom is located on the Old Trans Himalayan Salt Trade route of Nepal and Tibet. The areas around Jomsom and Kaligandaki Valley is famous for apples, the route is also called Apple as the Pie Trail. Enjoy the comfort of a nice lodge, having time to explore the Jomsom Town. The main inhabitants of Jomsom are Thakali. The tribes of Kaligandaki of Lower Mustang follows Buddhist religion. Witness the resilience and dedication in the daily lives of the women in Jomsom, and let it inspire you to support their journey toward empowerment and equality. The distance from

the village of Rani-Pawa, Muktinath to Jomsom Town is 18 km/11 miles.

**Day 12: Fly to Pokhara 860 m 23-minute flight. Afternoon option for sightseeing of Pokhara interesting sites.**

After a breakfast, we take a short walk to Jomsom airport for scenic and short flight to beautiful Pokhara. The scenic flight offers a views of Dhaulagiri and Annapurna Himalayan peaks, as the aircraft lands at Pokhara. Pokhara is one of the most sought touristic destinations in all Himalayas, a picturesque city overlooking views of the massive Annapurna Himalaya. The views also include the famous and magnificent Machhapuchare Himal 'Fish Tail'. From the airport a short drive to the hotels by the serene Phewa Lake side, with time to explore beautiful Pokhara. The total distance from Jomsom to Pokhara is 155 km / 96 miles, a driving distance. But by flight with smooth short flight of less than 30 minutes.

**Day 13: Fly back to Kathmandu 30 mins flight and transfer to hotel.**

In the morning you will catch the last views of Annapurna Himalaya with majestic Machhapuchare Himal or Fish Tail, and then transfer to Pokhara airport for smooth short flight to Kathmandu. You will be back within the hustle and bustle city life of Kathmandu after a great adventure and wonderful experience on Annapurna Circuit Trekking. Rest of the day at leisure for individual activities and shopping souvenirs or join in for a short tour around places of great interest.

**Day 14: In Kathmandu free day, for individual activities with options for tours.**

A free day in Kathmandu to enjoy relaxing moments and for individual activities and shopping spree. You can shop for souvenirs from Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

**Day 15: International departure for homeward bound.**

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around the Annapurna Himalayas. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to next port of call.

**\* Please note that the schedule is subject to change due to weather conditions and other unforeseen circumstances.**

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## INCLUDED SERVICES

- Airport Pick Up and Drop Off (International & Domestic)
  - 3 star standard hotel with breakfast in Kathmandu (Nepal standard)
  - 3 star standard hotel with breakfast in Pokhara
  - Tea house (Lodge) accommodation during trek
  - All meals (Breakfast, Lunch, and Dinner) during trek
  - Tea / Coffee (3 times a day) during trek
  - Certified A graded female trekking guide, porter (helper), and assistant guide for groups consisting of more than 5 trekkers
  - All expenses for the female trekking staff, including food, drinks, lodging, salary, insurance, medical equipment, and transportation.
  - Air ticket (Jomsom-Pokhara)
  - Private transfer from Pokhara to Kathmandu,
  - Kathmandu Cultural and Historical sightseeing with a certified female Tour Guide, private transportation, and entrance fee
  - Trekking Permit (TIMS)
  - Annapurna Conservation Area Permit (ACAP)
  - Down jacket, sleeping bag, fleece liner, and a duffel bag
  - All government taxes
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## EXCLUDED SERVICES

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, your personal insurance coverages that should include the emergency helicopter evacuation, and any kind of expenses created due to unforeseen circumstances.
  - Lunch and dinner in Kathmandu and Pokhara.
  - Tips for Guide Porter & Driver (Tips are not mandatory but expected and recommended)
  - Any other services that are not mentioned in Inclusion section
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## FAQS

## 1. Is the Annapurna Circuit Trek difficult?

The difficulty level of the Annapurna Circuit Trek is considered moderate to highly challenging. The highest altitude of this trek is 5,416 meters (17,769 feet) while crossing the Thorong La Pass. You need to walk 5 to 7 hours daily on average. With proper acclimatization and preparation will lead you to a safe and pleasant adventure.

## 2. Can a beginner do the Annapurna Circuit Trek?

The can-do spirit plays an important role in a successful trekking experience. We recommend you focus on strengthening your legs. Proper acclimatization and a slow and steady pace will surely make your Annapurna Circuit Trek successful. The route is conquered by many beginners with proper planning.

## 3. How long does it take for the Annapurna Circuit Trek?

The Annapurna Circuit trek generally takes 14 to 20 days. It depends on the starting and ending points. If your starting point is Besisahar with Pokhara as an ending point, then it will take about 18 days. As the road is improved, many trekkers choose the short route starting from Chame and ending at Jomsom or Tatopani.

## 4. How fit do I need to be for the Annapurna Circuit Trek?

You should be moderately to highly fit for the Annapurna Circuit Trek. During this trek, you need to walk 6 to 8 hours daily carrying your backpack at high altitudes. Regular activities like hiking, cycling, running, or gym workouts are recommended to prepare you well.

## 5. What is the best time to do the Annapurna Circuit Trek?

The highly recommended seasons for the Annapurna Circuit Trek are Spring (March to May) and Autumn (mid-September to November), with clear mountain views, stable weather, and comfortable temperatures. During winter, it is colder and passes as Thorong La may snow in.

## 6. Do I need permits for the Annapurna Circuit Trek?

**Yes, you need two permits for the Annapurna Circuit Trek:**

- **ACAP** (Annapurna Conservation Area Permit)- **30 USD** per person
- **TIMS Card** (Trekker's Information Management System)- **USD 20** per person

We take care of everything, including guides, permits, transport, and accommodation, tailored for your comfort and safety.

## 7. What kind of accommodation is available on the trek?

Accommodation during the Annapurna Circuit lodges are generally teahouses or mountain lodges with twin-sharing rooms, shared toilets, and a main dining area. You can get hot showers and charging services at an additional cost.

## 8. Can I do the Annapurna Circuit solo?

We recommend you hire a licensed guide from a registered trekking agency for safety purposes and a better understanding of the culture and geography. As for the backpacks, hiring a porter helps with the bags, making it much more enjoyable.

## 9. What if my question isn't listed?

No worries! Get more details on **Annapurna Circuit Trek**, and you can directly talk to our expert at +977 9841290101 or email us your inquiries at [info@womanadventures.com](mailto:info@womanadventures.com)

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For for information regarding this package, please click on this [link](#). You can also give us a call at +977 9841290101 or email us at [info@womanadventures.com](mailto:info@womanadventures.com) for further information.

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