



Adventure Travel Annapurna Circuit Trekking - Himalayas – Nepal

Tour guide Mailan Kovacs Travel

Expenses: CHF 1200.- / Euro 1000.- without flight

Duration: 14 days Number of participants: At least 4 to a maximum of 13 participants per trip

Included in the price: Bus Transfers / Special overnight on 15th September Food and lodging throughout the tour (*until return to Pakhora*) Cultural communicated knowledge

Not included: Visa - 15 days Nepal

Airfare: The trip to Nepal costs about 700CHF with the airline Qatar Airways

ARRIVAL

We meet in Kathmandu, Boudhanath, on September 14th. From there we take the night bus to Pokhara. On September 15th in Pokhara, as a group, we buy what we need and prepare ourselves. We check in at a hotel where we can leave excess baggage there until we return. On the morning of the 16th of September we start with the sharing jeep direction Chame. The first trekking day we will experience on the morning of the 17th of September, when we make the first tour

TOURPLAN

A classic journey around the 8000 Annapurna mountain in Nepal. We are exceeding 5400 meters in altitude on this journey - one of the most beautiful places in the Himalaya Mountains, which is easily accessible to visitors and fascinated trekkers

As a trekker you will have a lot of positive experience on this trip with the wonderful views and wonderful moments on the journey, where again and again milestones are deposited. On arrival in the holy place Muktinath, where sacred springs (*with cold water*) are located we take a rest. A powerful place full of magic and beauty. The start of the journey from Pokhara: If you want to get some new clothes in Pokhara for trekking or to wear good new shoes at the trek, you will be well served for shopping in Pokhara and will find everything you need in the higher regions we will climb there. The journey begins with a sharing jeep

After first steps, we drive to CHAME - a beautiful place, even in the mountains where you can feel and experience much of the Tibetan Buddhist flair. Time and rest again. Therefore, after some bumpy roads - after about 7 hours on the road with the sharing jeep, we spend some moments and enjoy our arrival in the beautiful CHAME, where a river flows and a shop can be found, in which you can buy the remaining trekking utensils. From Chame the next day our journey starts in the beautiful Himalaya We travel for 3 days on the most beautiful walkable streets to Manang and on the way we stay overnight in Tea Houses where we can take a shower and eat. The food in Nepal is always very good and pleasant for the stomach. Every place has good tea and coffee. You can also treat yourself to a sip of Nepalese rum on these heights. On the way we see many of the signs that we are in Tibetan / Buddhist area. These are even intensified the closer we get to the wondrous place MANANG, where the famous yogi Milarepa once meditated. On the spot we walk some paths into nature and enjoy an exciting journey into the tibetan middle ages. The charm and special atmosphere that is noticeable in Manang has a fascinating character. Almost unique is this place at 3500 meters above sea level

We will rest there for 2 days, enjoy small sidetraks to explore the place. In addition, we are already pretty close to the higher snow mountains. We recharge our bodies, with which force we climb then the Thorong La Pass, which will surely be the highlight of our journey. After the march for about 2 days with overnight over the Thorong La Pass we come to Muktinath. Here we spend a day to visit the Hindu temple. If you want you can ride horses and buy a nice handmade souvenir. Handcraft from Nepal. A huge statue of Guru Rinpoche Padmasambhava also sits high above the pilgrimage site. Of course you can visit the statue and meditate on site

From Muktinath we continue downhill to the hot springs in Tatopani. Over a period of 3 days. The journey ends with a swim in the hot springs and we leave behind our physical complaints of the trekking. From there, the group can then decide for themselves whether they want to continue on foot to follow the direction of Beni or if the group wants to go back by bus, after spending the night in Tatopani. From Tatopani by bus or jeep, it is only a few hours to get back to Pokhara. In Pokhara itself there are various ways to eat delicious and to enjoy the atmosphere that is present there. In a cafe on the lake with massage and cool drinks or in a pizzeria - located in the town Pokhara

Further information:

The well-known Annapurna Trek is a so-called Tea House Trek. This means that along the way you will find Tea Houses and lodgings where you can spend the night. The showers have hot water. But unfortunately only in the course of the day as they are operated with solar power. Annapurna Trek is fun because you can enjoy a lot of safety and still be in the total wilderness - you can breathe in a lot of strength, surrounded by really mighty mountains. You see animals on the way and the character Tibetan / Nepalese mountain people to experience - for me as a tour guide always a highlight. WIFI is also available to MANANG and then in Muktinath again. In total, the journey takes 12 full days

Welcome to the trip - **NAMASTE**