

THORONG PEAK ANNAPURNA



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Url: <https://mandalatrek.com.np/trip/annapurna-trek-thorong-peak/>

Country

Nepal

Difficulty

easy

Annapurna Trek Thorong Peak

Within the mountain ranges of central Nepal, there is a trek known as the Annapurna Circuit. Depending on where motorized transit is used and where the

walk is completed, the route's overall length ranges from 160 to 230 kilometers (100 to 145 mi). This hike circles the Annapurna Massif and travels via two separate river valleys. At Thorung La pass (5416 m/17769 ft), as the path reaches the border of the Tibetan plateau, it is at its highest point. Since the daily gain in altitude is less and it is simpler and safer to cross the challenging Thorong La pass, most hikers follow the route counterclockwise.

The Annapurna Circuit has been named the best long-distance trek in the world because, in its original form, it combined a wide variety of climate zones, from the tropics at 600 m asl to the arctic at 5416 m asl at the Thorong La pass, as well as cultural variety, from Hindu villages at the low foothills to the Tibetan culture of the Manang Valley and lower Mustang. The trail has been reduced and the villages have been altered by the ongoing construction of a road. The trekking track frequently crosses the newly constructed Besisahar-Manag road. With the development of highways, mountain riding is growing in popularity, particularly in Mustang.

The Annapurna Massif (Annapurna I-IV), Dhaulagiri, Machhapuchhre, Manaslu, Gangapurna, Tilicho Peak, Pisang Peak, and Paungda Danda are some of the mountains that may be seen up close. From the Annapurna range, numerous additional peaks between 6000 and 8000 meters in height emerge.

Day 01: ARRIVAL KTM. TRANSFER TO HOTEL MANASLU.

Night at Hotel on BB.

Day 02: DAY FREE IN KATHMANDU.

Night at the same hotel.

Day 03: ROAD TO BESISAHAR THEN CONTINUE TO DHARAPANI.

Night and dinner at lodge.

Day 04: TREK DHARAPANI - CHAME (5HRS / 2700M)

Night and dinner at lodge.

Day 05: CHAME - PISANG (5H / 3200M)

Night and dinner at lodge.

Day 06: PISANG - GYARU - NAWAL (5H / 3650M)

Night and dinner at lodge.

Day 07: NAWAL - MANANG (2H / 3650M)

Night and dinner at lodge.

Day 08: MANANG - KHANSAR (2H / 3900M)

Night and dinner at lodge.

Day 09: KHANSAR - TILICHO PHEDI (5H / 4400M)

Night and dinner at lodge.

Day 10: TILICHO PHEDI - TILICHO LAKE - TILICHO PHEDI (7H / 4400M)

Night and dinner at lodge.

Day 11: TILICHO PHEDI - KHANSAR (5H / 3900M)

Night and dinner at lodge.

Day 12: KHANSAR - THORONG PHEDI (5H / 4400M)

Night and dinner at lodge.

Day 13: THORONG PHEDI - THORONG LA PASS (6H / 5400M)

Night and dinner in tent.

Day 14: THORONG LA PASS - SUMMIT THORONG PEAK - THORONG LA PASS (7H / 5400M)

Night and dinner in tent.

Day 15: THORONG LA PASS - MUKTINATH (6H / 3800M)

Night and dinner at lodge.

Day 16: MUKTINATH - LUPRA - MARPHA (6H / 2700M)

Night and dinner at lodge.

Day 17: MARPHA - POKHARA VIA ROAD (6H)

Night in Pokhara Hotel.

Day 18: POKHARA - KTM

Night at Hotel

Day 19: DEPARTURE