

ANNAPURNA ROUND TREK



Annapurna Round Trek is a wonderful and rewarding trekking experience in the **Annapurna** region. The trekkers are able to enjoy and witness the beautiful and amazing views of multiple Himalayan ranges throughout this trekking expedition. The highest point of **round Annapurna trek** is Thorong-La Pass situated at a height of 5416 meters from the sea level.

This trekking trail goes all the way from Thorong-La pass to Muktinath which is a sacred place for both Buddhists and Hindus religion. **Annapurna round trekking** expedition provides the trekkers with an opportunity to enjoy the various beautiful Nepali ethnic groups, culture, and traditions along with the views of the great Himalayas.

You can enjoy the hot water bath in the natural hot pond at Tatopani. This **round Annapurna trekking** journey consists of incredible green forest. The forest is filled with the blooming of red rhododendron flower from March to April. One can have the best view of Dhaulagiri and Annapurna Himalayan ranges which stands above the height of 8000 meters.

Also, this **Annapurna round trekking** expedition is filled with various beautiful and amazing flora and fauna. Some of the exotic wild animals which you can witness on this **round Annapurna trekking** journey are monkeys, bears, leopards and many more. Furthermore, some of the incredible birds of this regions are Eurasian kingfisher, a large pied kingfisher, Himalayan griffon, whistling thrush and many more.

The major highlights of this **round Annapurna trekking** journey are Lamjung Himal, Manaslu, Gangapurna Himal, Tilicho peak and Annapurna Himalayan range among the mountains. Some other exciting and wonderful highlights of **Annapurna round trek** are Marshyangdi river with water springs, cultural and traditional villages like Pisang, Chame, Kagbeni, and Manang and the Muktinath temple.

Activity Levels:  **Tough**
strenuous

Duration: 19 days

AT A GLANCE

- A strenuous venture. This is geographically tough territory where participants will need to negotiate some very physically demanding area. But it's not impossible for the great human spirit.
- 16 days on trails that are pretty gentle, but tough...natural beauty has its price - virtually!
- Hotel and teahouse lodges with healthy meals provided on the trails
- Maximum altitude of 5,416 m, where we peak and freak out on the symbolic Thorung La!

Cost Includes

- Healthy meals during whole trek
- Quality lodge Accommodation in trek
- Flight Pokhara-Kathmandu return
- All airport transfers by Private vehicle
- Expert Local Sherpa guide
- Necessary Porters [1 Porter for 2 Person]
- Good quality accommodation in City on B/B
- MSTE kit bag and Group medical kit
- Trek Map and company t-shirt
- Private vehicle for ground transportation
- Trekking permits, TIMS and site entry fees
- Guides and porters pay, meals and insurance
- Full day sightseeing in Kathmandu on day 2

Cost Excludes

- International Airfare and Nepal Visa fee
- Travel & Health Insurance
- Lunch & Dinner in City (\$7-9 USD Per Meals)
- Any Alcoholic Drinks & Mineral Water
- Tips for Guide & Porter
- Hot Shower, Battery Charges
- Unforeseen Cost such as Flight Cancellation
- Any Other Cost, not mentioned in Cost Includes

ITINERARY

Day 01: : Arrival in Kathmandu and transfer to hotel- Welcome Dinner

The view of amazing Himalayan vistas nearby the Kathmandu city covered with white snow will give you the first feelings of your upcoming hiking journey from the sky itself. The wonders from the windows of our jet show us flickering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come.

Our representative will be on standby to receive you at the exit terminal of the airport and help you to take your hotel. Once you get refreshed and you can take rest or you can walk around the neighborhood and get familiar with your surroundings in your free time. In the evening we will meet our Expert trek guide who will brief the group about details connected to your trek.

Accommodation: Best Comfortable Hotel (Deluxe Room)

Day 02:: Half-day city Sightseeing in Kathmandu and Trek Preparations - Overnight stay at the hotel

After a good night's sleep and having a hearty breakfast in Hotel, we start our day by visiting of the well-known Boudhanath

Stupa (said to be the biggest in the world) and an important center of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a symbol of the Buddhist cosmos).

After that we drive to Pashupatinath Temple. This temple is devoted to Hindu deity Lord Shiva and is said to be the holiest Hindu shrine in Nepal. Where you can see a cremation ritual of Hindus at 'Aryaghat,' the burning area of the temple. This cremation site is used for the once royal family of Nepal and also for the simple Nepalese people who live within the country.

Late afternoon, we return to our hotel, refresh & prepare for our trek baggage. You may also buy or renting your trekking gears in Thamel if needed. Our guide will assist you to find best shops for renting gear.

Accommodation: Best Comfortable Hotel (Deluxe Room) **Meals:** Breakfast, Welcome Dinner

Day 03:: Drive to Besisahar by a private car 760-m/2494 ft. - Approx. 5/6 hrs. drive. Lodge [B/L/D]

Our trek personnel will arrive at your hotel around at 7:30 am in the morning to pick you up. We have to start quite early today, as we need to go a long drive to arrive at our trek beginning point.

After breakfast, we leave Kathmandu at around 7:30 am and approximately after 5-6 hours lovely scenic drive we get Besishahar. On the way, we see beautiful scenery of countryside of Nepal that offers greenery, rivers, villages, farms and beautiful mountain scenarios. However, the condition of road is quite good up to besisahar. We will witness some stunning snow-capped mountain panorama of the Lamjung Himal on arrival at Besisahar.

Accommodations: Best available mountain Lodge/ Guest House **Meals Included:** Breakfast, Lunch, Dinner

Day 04:: Drive to Syange by Jeep -Trek to Chamje (1410M/4626ft) - Approx 5/6 hrs- Lodge [B/L/D]

Approx. Walking: 4-5 hours trek **Approx. Distance:** 8 km/ 5 Miles **Highest Altitude:** Chamje (1410M/4626 ft.)

After having our breakfast at Lodge in Besisahar. Today we drive from Besisahar to Syange by jeep and then we start our first day trek. It will take nearly 2-3 hours drive from Besisahar to syange on off road. We then start our first day walk to Chamje. You can see beautiful villages, waterfalls along the way. Once we reach Syange, We have to hike on the bank of river to the stone town of Jagat before scaling within lush forest to Chamje at 1,410m. We cross the river on a long suspension bridge before climbing to our overnight accommodation at chamje.

Accommodations: Best available mountain Lodge/ Guest House **Meals Included:** Breakfast, Lunch, Dinner

Day 05:: Trek from Chamje to Dharapani (1,960m/6,430ft) Approx. 5/6 hrs - Lodge

Approx. Walking: 5-6 hours trek **Approx. Distance:** 11 km **Highest Altitude:** Dharapani (1,960m/6,430ft)

After breakfast, our day start through a pretty rough trail following the Marsyangdi Rivers steadily uphill to Tal at 1,675m, the first village in Manang district. After crossing a suspension bridge, the path takes us ascending across the Oak forest. We'll remain hiking for a while until it arises into a valley. The trail passes throughout the lands of barley, rice, and potatoes. Alongside the path we get the attractive village of Kodo. Kodo is one of the villages of the area, which has the best picturesque views. From the village of Kodo, the track further leads us to Dharapani. Dharapani is one of the towns of Manang valley. where we come across a stone entrance chorten typical of Tibetan influenced villages.

Accommodations: Best available mountain Lodge/ Guest House **Meals Included:** Breakfast, Lunch, Dinner

Day 06:: Trek from Dharapani to Chame (2720m/8924ft) - Approx. 5/6 hrs.- Lodge [B/L/D]

Approx. Walking: 5-6 hours trek **Approx. Distance:** 11 km **Highest Altitude:** Chame (2,720 m/8924 ft.)

After breakfast today, it's a pleasant hike as we continue to ascend through forests of pine and oak. We pass across

Dhanakyu village before coming to a great cascade with clean gushing water. We can look back at the outstanding views of Manaslu, Lamjung Himal, Annapurna Himal, Annapurna II and Annapurna IV (7,525m/24,688ft) by taking a break. When the steep incline ends we follow a path amid magnificent rhododendrons to Ratamron and then continue on a gradually rising path, crossing a stream before arriving a pine forest.

Next, we cut across a loose hillside to the hamlet of Kotho from where we can look straight up at nearby Annapurna II - a sight that tells us we are deep-rooted in the Himalayan Mountains. From here the trail slowly ascends through a fir and pine forest to Chame. Once we get Chame along the way, there is a small hot spring. We can take a cool bath in the hot water to get support from long day's walk. Our overnight will be in one of the best lodge at Chame.

Accommodations: Best available mountain Lodge/ Guest House **Meals Included:** Breakfast, Lunch, Dinner

Day 07:: Trek from Chame to Upper Pisang (3060m/10040ft) - Approx. 4/5 hrs- Lodge [B/L/D]

Approx. Walking: 4-5 hours trek **Approx. Distance:** 13 km **Highest Altitude:** Upper Pisang (3,300m/10824ft)

We see Lamjung Himal 6,893m shiny in the morning sun, and with this gorgeous sight, we set off for Pisang after a delightful breakfast. The foothill disappears as we ascent the trail up the valley, passing a huge apple orchard.

The valley becomes remarkably steep-sided as we keep on the path to Bratang. In initial years, this part was the army post for troops who fought against the Khampa ethnic rebels from this point. The dilapidated buildings are the only mementoes of that era.

A small hike from the village brings us to a rock-strewn area where we cross a wood bridge and follow a high, winding path, before crossing back to the right bank again. We now hike over a pine jungle, and as the forest ends, the valley changes from a V-shape to a moderate U-shape opening up a gorgeous background of Manang Valley before us. We can see the east peak of Annapurna II as well as Pisang Peak to the northeast.

Hiking along, we come to a long mani stone wall by a bridge and we reach the lower village of Pisang. You will have an additional half an hour ascent towards a big hill to get Upper Pisang. We will stay overnight at lodge.

Accommodations: Best available mountain Lodge/ Guest House **Meals Included:** Breakfast, Lunch, Dinner

Day 08:: Trek from Upper Pisang to Manang (3,440m/11,287ft) - Approx. 4/5 hrs - Lodge [B/L/D]

Approx. Walking: 6-7 hours trek **Approx. Distance:** 15 km **Highest Altitude:** Manang (3,440 m/11287 ft.)

Today we will take the upper path to Manang via Ghyaru - Ngawal - Mungji. We will experience more magnificent panorama as the towering, majestic peaks overwhelm our senses with panoramic views of Annapurna, Pisang peak, and several others. We will notice a change in the scenery and flora from today. The cold dry climate generates a much tougher environment. Our short trip to Barge monastery, the biggest in the whole district of Manang will be unforgettable.

Accommodations: Best available mountain Lodge/ Guest House **Meals Included:** Breakfast, Lunch, Dinner

Day 09:: Rest/Acclimatization in Manang- (3440m/11287ft) - 4/5hrs hiking - Lodge [B/L/D]

This is a day for acclimatization. Although rest days are considered to be idle days and relaxing in most of the treks. However at Manang, it is not worthwhile to sit idle for the entire day in the name of rest. The body needs to be familiar for the altitude so it is recommended to have a small walk nearby the places in this day. Appropriate protection should be taken for any signs of altitude illness. Our expert Sherpa guide will fully take care regarding altitude. At Manang, there is lovely village of Vraga at a small hiking distance. Vraga village also has a village's monastery. Also there are lakes around this place. Hike to Bhojo Gumba or Gangapurna would be perfect for the acclimatization purpose. Our overnight stay will be at Manang.

Accommodations: Best available mountain Lodge/ Guest House **Meals Included:** Breakfast, Lunch, Dinner

Day 10:: Trek from Manang to Yak Kharka (4050m/13290ft) - Approx. 3/4 hrs-Lodge [B/L/D]

Approx. Walking:3-4 hours **Approx. Distance:** 10km/6 miles **Highest Altitude:** Yak Kharka (4050m/13290ft)

Leaving Manang we head towards the base of the Thorong La. First we cross the river. We hike to a village of Tenki. The village of Tenki is located just above Manang. From Tenki, the trail further continues to climb out of the Marshyangdi Valley turning northwest up to the valley of Jarsang. From Jarsang valley, the trail further leads us to a small village of Ghunsa. Ghunsa has clusters of flat roofed mud houses. After passing this lovely village, we get a grassy meadow where yaks and horses graze. Continuing along the way, we get a small river with a wooden bridge. We cross this bridge and hike by the side of an early Mani wall to get a small yet attractive village of Yak Kharka. We stay tonight at a guesthouse in Yak Kharka (approx. 4,000m). We will get the lodge by lunchtime and in the midafternoon we will have an acclimatization hike onto the neighboring hills. Look out for the Blue Sheep that live this cold, windy spot.

Accommodations: Best available mountain Lodge/ Guest House **Meals Included:** Breakfast, Lunch, Dinner

Day 11:: Trek from Yak Kharka to Thorung Phedi (4450m/14599.74 ft) - 4 hrs - Lodge [B/L/D]

Approx. Walking:(3 to 4 hours). **Approx. Distance** 9km/5.5 miles **Highest Altitude:** Thorang Phedi (4550 m/14599.74 ft.)

On this day, our track leads us to the base of the pass, Thorong Phedi. The landscape becomes barer as we continue scaling the valley. At one point we descend to cross the Jarsang Khola, next cross a scree slope to the lone teahouses at Phedi (4,420m) at the base of the Thorong La. Thorong Phedi has a very tiny settlement and most of the people there are busy to supply the needs of exhausted tourists and hikers.

For the tourists like us, this hamlet is like a base camp itself. Most of the tourists try to make up to Thorong High camp same day but as per our experience and the team of Mountain Sherpa Trekking does not advise to go high Camp. The next day will certainly be tough, given that we must to ascent up to the high camp. But a good day's rest here in the Thorong Phedi will make your hike easier on the next day. It is also very important to stay at Phedi to reduce getting altitude sickness.

Accommodations: Best available mountain Lodge/ Guest House **Meals Included:** Breakfast, Lunch, Dinner

Day 12:: Thorung-La pass (5416m/17,770ft) & Muktinath (3760m/12336) 8/9 hrs- Lodge [B/L/D]

Approx. Walking:(8 to 9 hours). **Approx. Distance** 16km/9.5 miles **Highest Altitude:** Thorung-La Pass [5416-m/17770 ft.)

A long day as we leave Phedi very early the next morning for the ascent to the pass. The first part of the ascending is very vertical, but it eases fairly as we advance the top, though the elevation still makes the going hard.

Ultimately, after several hours walk, we get the Thorong La pass 5416m/17764ft. As the path passes over icy high-altitude, we must to be careful in our each and every footstep. Our expert Sherpa guide and team will be fully giving you attention for each and every time. Along the path, the magnificent view of the tall Himalayas makes our trip even more enigmatic. Further there is a wonderful panorama of snow-capped peaks spreading northwards into Tibet, and looking back we can see numerous of the main peaks of Annapurna. Right in front of us is the huge chasm of the Kali Gandaki, 2,500m. It's a very long down walk that begins moderately and becomes sharper, as we keep on a series of corners down to the grassy slopes, before easing off to a mild descend to Muktinath (3,700m). At Muktinath there is a well-known temple, which marks significance to both Hindus and Buddhists.

Accommodations: Best available mountain Lodge/ Guest House **Meals Included:** Breakfast, Lunch, Dinner

Day 13:: Local Bus/Jeep drive to Tatopani (1,200m/3937ft) from Muktinath : 7 - 8 hrs

Approx. Drive: 7-8 hours **Approx. Distance:** 80 Km **Highest Altitude:** Tatopani 1,200m/3937ft)

We get a taste of the new motorways by driving down to Tatopani from Muktinath. The journey is mainly downwards. From Muktinath there is availability of local buses and jeeps. However the motorways there are recently built and it is not a pitch road, the drive would be rough at some places. To manage private bus or jeep from this place is very difficult so we need to travel with the local people. From the bus, we can view the barren panoramas that look like to the Tibet Highland. We may need to change the jeep or bus at some point until we get Tatopani. At Tatopani, there is a hot spring where we can relax by taking a dip in the hot water. Our overnight will be at one of the lodges at Tatopani.

Accommodations: Best available mountain Lodge/ Guest House **Meals Included:** Breakfast, Lunch, Dinner

Day 14:: A rest day at Tatopani or this rest day can be used before Thorung La if needed

Today is our rest day after long several days walk. Tatopani is very ideal places to rest and get fully refreshed. This rest day will be very useful for us to get refreshed.

Today, We visit natural hot spring and relax for sometimes. Afternoon, we hang around the lodge garden having drinks and reading books.

Tatopani is an interesting little town and there are many ways in which we could pass our time or just spend time at our lodge reading and preparing for the big hikes for Next day.

Accommodations: Best available mountain Lodge/ Guest House **Meals Included:** Breakfast, Lunch, Dinner

Day 15:: Trek to Ghorepani (3190m/10467ft) approx. 7-8 hrs- Lodge [B/L/D]

Approx. Walk : 7-8 hours trek **Approx. Distance:** 16 km **Highest Altitude:** Ghorepani (3190m/10467ft)

After having good breakfast and well rested, we again start our long day hike to Ghorepani 2,855m from Tatopani 1,200m. Today is a bit of a sting in the trail as we have a long ascent to Ghorepani (2,855m). The path ascends all day throughout tiny villages and terraced fields. Passing through Ghara, Shika and Chitre the path ascends all day. From Chitre we enter a vast rhododendron jungle and the last couple of hours take us up to Ghorepani. Ghorepani means 'horse water' and was a stopping place for the huge mule trains that used to ply this route. As we hike today the mountains start to emerge and from Ghorepani we get extraordinary views of the Annapurnas from the lodge.

Accommodations: Best available mountain Lodge/ Guest House **Meals Included:** Breakfast, Lunch, Dinner

Day 16:: Hike Poon hill (3210m/10531 ft.) - Descend to lodge then trek to Tadapani (2630 m/ 8628ft.)

Approx. Walking: Poon Hill 1.5km (1 Hour). **Trek to Tadapani:** 4-5 hours **Approx. Distance:**12 km **Highest Altitude:** Poon hill (3210m/10531 ft.)

Our trek begins at early dawn of this day. We hike to Poon Hill (3,210m. /10,531ft) to enjoy the mesmerizing view of sunrise over Himalayas. The stunning view of splendid massifs of Annapurna and Dhaulagiri range can be seen from Poon hill. This place is also recognized as photographer's paradise as we can view the glorious Himalayas all around us. After enjoying the sunrise views from this hill, we descend down to have breakfast. After breakfast, we continue walk through the rhododendron jungle to get Tadapani. The trail rises and descends in several places but the marvelous landscapes of the area makes us even more fascinated to continue our trip forward. We will stay at one of the lodge at Tadapani.

Accommodations: Best available mountain Lodge/ Guest House **Meals Included:** Breakfast, Lunch, Dinner

Day 17:: Trek from Tadapani 2630 m/ 8628ft. to Khimche then Drive to Pokhara by Private Jeep.

Approx. Walking: 4-5 hours trek **Approx. Distance:** 10 km

From Tadapani the trail descends through thick greenery jungles to Ghandruk, a village of the Gurung community, one of the indigenous groups of Nepal. Today is a relatively relaxed downhill walk through least dense jungles. Ghandruk also has many homes to Gurkha soldiers. After breakfast in Tadapani, we start our trek continues to descend towards the lovely village, and when you get Ghandruk Village you will have great views of Annapurna South and Fish Tail.

You will have outstanding views of wonderful hillside sceneries, jungles, and terraced rice fields. Once you get the small village of Kimche, you will be hiking near the road and our driver will be staying there to transfer Pokhara. We drive to Pokhara by our office comfy Private Jeep. Upon arrival in Pokhara, relax in your hotel and enjoy the late afternoon and evening on your own. This peaceful lakeside town is the entrance to the Annapurna regions, so there are ample of cool cafés, Restaurant that offer good food and coffee for adventure trekkers.

Accommodations: Best 3 or 5 Star Hotels Meals Included: Breakfast, Lunch

Day 18:: Transfer to Airport & Flight Back to Kathmandu, Transfer to Hotel

After having healthy breakfast, we hang around for some time before our flight, and in this extra time we can do some shopping. We then get into our vehicle and head down to the airport for our flight to Kathmandu.

One you arrive in Kathmandu, our day is free to do our own things. For ideas, you can do some shopping around Thamel, or go for city sightseeing of Patan or Bhaktapur. In the evening, you can enjoy dinner in a traditional Nepalese restaurant with a cultural show or any good Resturant around Thamel

Overnight at your hotel - Breakfast included.

Accommodations: Best 3 or 5 Star Hotels **Meals Included:** Breakfast

Day 19:: Drive to the Airport to head back to that lovely place we call 'home''

After breakfast, our representative and office vehicle will be on backup at our hotel to take us to the airport for our departure to Home from Nepal. Helping you is a great joy and pleasure, we at **Mountain Sherpa trekking and expeditions** will value the relationships that created over the time you spent with our Sherpa Team and we thank you for using our service and for visiting this wonderful country Nepal. We hope that this delightful adventure in the amazing Annapurna region will give you lifetime memories of a holiday worth its weight in gold. Farewell dear friends! Till we meet again. Breakfast included.

ACCOMMODATION



03 Nights Deluxe accommodations in Kathmandu at 3 Star/ 5 Star Category Hotel as per itinerary



01 Nights Deluxe accommodations in Pokhara at 3 Star/ 5 Star category Hotel as Per itinerary



16 Nights best Mountain lodge comfortable room with attached bathroom & hot shower where available



All accommodation is on a twin sharing basis [Single rooms can be organized during trek with extra cost]



For the 4 Nights hotel in Kathmandu single rooms are available at a supplementary cost.

What kind of food I can expect during lodge trek??

----- **Morning Breakfast [6:30-7:30 AM]** -----

- Tea or Coffee, Hot chocolate, lemon tea, hot milk or green tea
- Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet etc
- Bread items- Toast, Pancakes, Chapati & Tibetan Bread etc
- Porridge with Honey, musli with milk etc

----- **Afternoon Lunch [12:30 - 1:00 PM]** -----

Curry with Rice, Pasta, Noodles item, fried rice and fried Potatoes, Mo.Mo etc

----- **Evening Dinner [6:00-8:30 PM]** -----

- Sherpa Stew, vegetable Soup, mixed Soup, Potato Shop
- Dal bhat tarkari - a soup of lentils with rice and a vegetable curry, Lassani, Pizza, Home Made Pasta etc
- Fried potatoes with vegetables, MO. MO, fried Noodles, Pasta, mash potatoes with Chesse

😊 **Extra special from Mountain Sherpa Trekking** 😊

- Seasonal Fresh fruits after lunch & Dinner [Where Available]
- Serve Tea & Biscuits Late afternoon everyday [4:00 PM-4:30 PM]
- Enough boiled water after dinner
- Welcome/farewell Dinner with live Cultural Show at typical Nepali Restaurant

Extra Service:

- Free extra luggage storage service
- Free guide Service for renting and buying hiking gear in Kathmandu, If Needed
- Free guide and help to get Local SIM Card
- Call support for anytime 24/7 for Emergency
- International flight ticket Reconfirmation service if required
- We help in case of Delayed Luggage or lost in international flights

----- **Safe Drinking Water** -----

You can get bottled water all the way up to base camp but the price per liter goes higher and multiplies significantly. It is recommended to bring steripen (UV filtration) or iodine tabs for water purification with soft plastic bags so that you can purify the water from local source and make it safe for drinking purposes. At tea houses you will be served with boiled water. And please be noted that don't drink water from local taps and resources as it would prone you to water borne illness and affects the whole trekking journey.

VITAL INFORMATION

***** **Climate and Seasonality** *****

Nepal is subject to monsoon which determines the choice of trekking areas depending on the season: Spring Seasons [March to May] is ideal to watch the explosion of vegetation, including rhododendrons, and from around the [Annapurna sanctuary trek](#) to [Everest Base camp trek](#), Generally clear skies in the morning, marked cloudiness in the late afternoon. The more we advance towards the month of May (monsoon), the more clouds rise early.

[Mid September to November] This is the main trekking season in Nepal. Day temperatures in Kathmandu are approx. above 20degC. Skies are usually clear and days on trek are sunny and mild with clear mountain views. Nights will be colder with

temperatures dropping as low as to -5degC at the higher altitudes.

Summer Season Starts from June to September. Dolpo trekking and [Mustang trekking](#) of Nepal, and Tibet tour can be done in the monsoon.

Winter, from Mid December to late February, the cold is dry, the clear sky, the sunshine ... Many benefits without the tourist season. For example, short trek like [chisopani and nagrkot trek](#), [ghorepani poonhill trekking](#), Ghandruk Village trek would ideal for Winter Treks.

***** Travel Insurance *****

It is a condition of joining any of our holidays that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out delayed departure and cancellation insurance, as all deposits paid are non-refundable.

A relaxed trip is not possible without good travel insurance. In the event of any sickness or injury, the cost of emergency treatment and evacuation is shocking. Therefore, travel insurance is strongly recommended for everyone who signs up with Mountain Sherpa Trekking & Expeditions.

We strongly recommend that you be careful while choosing a policy as some makes special exceptions for adventure travel. Before buying your insurance, please ensure that your insurer is aware of your MSTE itinerary and can agree to cover the activities being undertaken in the trip to Nepal, Tibet, Bhutan & India. Such as if you are planning trekking or climbing/expedition in Himalayas your insurance must cover emergency air ambulance/helicopter rescue including medical expenses.

For a group tours in urban areas, your insurance coverage of ambulance or helicopter rescue is not mandatory, however better to have with them too. Again, in Tibet, Bhutan & India trips there is no possibility of helicopter rescue, so no need to buy the air ambulance coverage. You need send us your copy of your insurance policy (e.g. your insurance certificate) or carry it with you while you come on the trip.

FAQS

How Fit Do I Need to Be to Do the Annapurna round Trek?

Annapurna round trek is recommended for people who are practically fit for high altitude trek. This is not very challenging trek. However, quite hard trek since it engages with 5,416 meter high Throng la pass. We recommend you to do some physical fitness programs such as running, swimming, hiking before embark on your journey.

Because of ascents and descents walking, the Annapurna round trek is not appropriate for anyone with knee problems or weak ankles. Anyone with heart trouble or lung problems should check with their doctor.

What sort of accommodation can I expect in Kathmandu, Pokhara and in trekking?

We provide you deluxe room at best hotels in Kathmandu and Pokhara with breakfast included. Along the trekking routes, teahouses/lodges generally provide basic clean facilities with a mattress and a quilt or blanket. We can also offer you sleeping bags if needed (to be returned after the trip) but it is a good idea to always have your own sleeping gear. The lodges in trekking routes generally provide single and double rooms, or seldom a dormitory. At times when possible, dining will be around a bon fire. In tea houses, food will be prepared in the kitchen which you should not enter without permission. The toilet in tea houses provides essential and basic facilities and will be always outside the room.

What kind of food can I expect during trekking?

Most teahouses (lodges) in Annapurna round trek trails cook a delicious range of mostly vegetarian fare. Pasta, tuna bakes, noodles, potatoes, eggs, daal bhat (rice and lentils), bread, soup, fresh vegetables (variety depends on the season) and even some desserts like apple pies, pancakes, and some interesting attempts at custard. You will find a lot of garlic on the menu because it assists with acclimatization – eat some every day. In many larger villages you may find some meat items on the menu. You can always get hot chocolate, tea, and hot lemon drinks, as well as soft drinks, and treats like chocolate and crisps. Each day dinner and breakfast will be at a lodge you'll stay at while lunch will be taken on the way to destination.

Do your guides have trekking guide license and first aid training for high altitude?

Yes, they have all received 45-day training from the Hotel Management and Tourism Center in Nepal. The guides have also received high altitude first aid training from KEEP (Kathmandu Environmental Education Project). Please check our Trekking Guides Profiles and Training Certificates.

What opportunities will I have for shower along the trek?

Many places in Annapurna round trek teahouses/lodges have hot shower facilities. Some places bucket warm water will be provided on request and payable. All showers cost extra about US \$3-4 per person. However, the showers are not to the Western standard in the high mountain areas.

Is Mountain Sherpa trekking staff insured?

Our company insures all our trekking staff members, including guides, cooks, Sherpas and porters. Please browse through Company Information pages to view insurance details.