## Annapurna Base Camp Trek- 12 Days (All-inclusive)

3 Star Hotel Package

1370<sup>USD</sup> per person

\*Including healthy meals

5 Star Hotel Package

 $1570^{\scriptscriptstyle \mathrm{USD}}$  per

\*Including healthy meals

**Trip Style:** Trekking & Hiking **Trip Difficulty:** Moderate

×

Embark on an extraordinary adventure to <u>Annapurna Base Camp</u>, where towering Himalayan giants and breathtaking scenery await at every turn. This awe-inspiring trek takes you deep into the heart of Nepal's wild landscapes, offering a rare experience of natural wonder and exhilarating discovery.

The **Annapurna Base Camp trek** is one of Nepal's most popular treks, offering a stunning mix of natural beauty and diverse landscapes. It typically takes 7-12 days, depending on the itinerary and pace. The trek starts from the foothills of the Annapurna region, with popular starting points like Khimche or Ghandruk. As you ascend, you pass through traditional Gurung villages, terraced fields, lush forests, and rhododendron forests.

## Conquer the Heights: A Moderately Challenging Trek to Annapurna Base Camp

As you ascend to higher altitudes on the Annapurna Base Camp trek, the landscape gradually becomes more barren and the air thins, resulting in cooler temperatures. Annapurna Base Camp is situated at an elevation of 4,130 meters (13,550 feet) and is encircled by prominent peaks, including Annapurna I and Machapuchare (Fishtail). The trek is considered moderately challenging, suitable for trekkers with a good level of physical fitness. While it does not require technical climbing skills, proper acclimatization is essential due to the high altitude to prevent altitude sickness.

## Annapurna Base Camp Trek: The Perfect Seasons for Clear Skies and Stable Weather

The best times to do the **Annapurna Base Camp trek** are during the pre-monsoon season (March to May) and post-monsoon season (September to November) when the skies are clear, and the weather is relatively stable. The monsoon season (June to August) brings heavy rains, making trails slippery and leech-infested, while winter (December to February) can be harsh with snow and cold conditions, although it offers a quieter experience.

## Comfort and Simplicity: Lodge Accommodation on the Annapurna Base Camp Trek

Accommodation on the Annapurna Base Camp trek typically consists of local lodges that provide basic meals. In larger villages such as Ghandruk and Chomrong, we arrange lodges with hot showers and attached bathrooms. However, as you ascend to higher altitudes, lodge facilities become more basic, often with shared bathrooms and limited amenities. Proper cold-weather gear is essential, particularly as you near Annapurna Base Camp, where temperatures can drop significantly.

#### **Essential Tips for a Safe and Scenic Annapurna Base Camp Trek**

Altitude sickness is a potential risk, so it's crucial to ascend slowly, allowing time for acclimatization, and to stay

well-hydrated throughout the trek. Trekkers are required to obtain permits, including the TIMS (Trekkers' Information Management System) card and the Annapurna Conservation Area Permit (ACAP), which are mandatory for entering the Annapurna region.

The Annapurna Base Camp trek provides stunning close-up views of Himalayan peaks, rich cultural experiences with local villages, and an unforgettable adventure through one of Nepal's most iconic trekking routes.

# **Unlock the Ultimate Annapurna Base Camp Experience with 26 Years of Mountain Sherpa Trekking Expertise**

Embark on the **Annapurna Base Camp Trek** with Mountain Sherpa Trekking and tap into 26 years of unparalleled expertise. Our seasoned Sherpa guides, who've mastered the trek over 150 times, ensure a journey rich in local knowledge and comfort. Enjoy hot showers, top lodges, and all-inclusive packages featuring flights, hygiene meals, and cultural tours. Experience the luxury of premier hotels in Kathmandu and Pokhara. Plus, savor dining freedom with a service that truly respects your choices. Discover the difference with Mountain Sherpa Trekking!

## **DURATION: 12 days**

## **ITINERARY**

## Day 01:: Arrival in Kathmandu [1,400 m/4,600 ft] and transfer to hotel-Overnight stay at Hotel

If the weather is clear when you fly into Kathmandu, your adventure will start even before you land. You'll get stunning views of the snow-covered Himalayan peaks from the plane, giving you a thrilling preview of what's to come. When you arrive at Tribhuvan International Airport, a representative from **Mountain Sherpa Trekking**, along with your driver, will greet you and take you to your hotel. After checking in and getting some rest, you'll receive an overview of the activities planned for your trip.

You'll have the rest of the day free to explore the area or relax. In the evening, you'll meet your senior trek guide, who will explain everything you need to know about your upcoming trek. You'll spend your first night in Kathmandu, a city known for its temples and history. Breakfast will be provided the next morning.

## Day 02:: Cultural Tour in Kathmandu & flight to Pokhara (827 m/2,713 ft)Overnight stay at Hotel

After breakfast, you'll embark on an exciting half-day tour of Kathmandu, diving into the city's vibrant culture and spiritual heritage.

Your journey begins with a visit to **Swayambhunath Stupa**, affectionately called the Monkey Temple. Located on a hilltop, this historic Buddhist site provides breathtaking panoramic views of the sprawling Kathmandu Valley. Despite the lively presence of curious monkeys roaming the area, the temple maintains a serene and tranquil ambiance, offering visitors a peaceful retreat.

From there, you'll head to **Boudhanath Stupa**, one of the largest and most significant stupas in the world. This massive structure is the center of Tibetan Buddhism in Nepal and a UNESCO World Heritage Site. The scene here is nothing short of mesmerizing, with monks in prayer, colorful prayer flags fluttering in the wind, and devotees spinning prayer wheels in meditation.

The tour concludes with a visit to the revered **Pashupatinath Temple**, one of the holiest Hindu temples dedicated to Lord Shiva. Situated on the sacred Bagmati River, this is where you can witness the centuries-old Hindu cremation rites along the riverbanks—an experience that is both spiritual and profound.

This captivating tour usually takes about 4-5 hours, depending on how much time you choose to explore each site.

Keep in mind that traffic in Kathmandu can be unpredictable, so plan accordingly. It's important to dress respectfully when visiting religious sites, as local customs are strictly observed. After the tour, you'll head to the airport for your flight to Pokhara, where new adventures await.

#### Day 03:: Drive to Kimche & trek to Ghandruk 2,012 meters (6,601 feet) Overnight stay at Lodge

After breakfast at your hotel, your Annapurna Base Camp trek adventure begins. We'll set off from Pokhara on a scenic drive to Kimche, about 33 kilometers away, taking around 2-3 hours. Unlike starting from Naya Pul, beginning at Kimche allows us to skip the less enjoyable road section and dive straight into the beautiful trekking experience.

Upon reaching Kimche, we'll pause for a short tea break before embarking on a pleasant two-hour trek to Ghandruk. As you arrive in this charming village, perched at 2,012 meters (6,601 feet), you'll be greeted by breathtaking views of Annapurna South, Hiunchuli, Machhapuchhre (Fishtail), and Gangapurna. The village's traditional stone houses with slate roofs, set along neatly paved streets, add to its timeless charm.

**In Ghandruk,** we'll enjoy a delicious lunch before exploring the village, including a visit to the fascinating Gurung Museum. Your stay here will be in one of the finest comfort lodges, complete with hot showers, attached bathrooms, Western-style toilets, and cozy, clean beds, ensuring you rest well in this stunning Himalayan setting.

#### Day 04:: Trek to Chomrong 2170 meters/7,120 feet:Approx 5/6 hrs-Overnight stay at Lodge

After a hearty breakfast in **Ghandruk**, we set off on the next leg of our adventure toward Chomrong, another gem in the Annapurna region. The distance may only be about 10 kilometers (6.2 miles), but don't let the numbers fool you—this stretch of the trek brings both challenge and beauty. Expect a combination of uphill climbs and downhill descents, as the terrain can be steep at times. But every effort is rewarded with sweeping views of the Annapurna peaks and the surrounding terraced fields.

The trek typically takes 4 to 6 hours, depending on your pace and fitness level. As you journey through forests and across picturesque ridges, you'll pass through charming local villages, taking in the peaceful ambiance and mountain vistas.

**Chomrong** awaits at an elevation of 2,170 meters (7,120 feet), nestled against the backdrop of Annapurna South and Hiunchuli. This village is a key stop for trekkers heading to Annapurna Base Camp and offers a mix of traditional charm and modern conveniences. Your accommodations for the night will be in one of the best comfort lodges available, with cozy rooms, hot showers, and attached bathrooms—ensuring a comfortable and restful night after a day of trekking through such incredible landscapes.

#### Day 05:: Trek to Bamboo (2,510 m/8,235ft): Approx 5/6 hrs-Overnight stay at Lodge

After a satisfying breakfast, we begin our trek from Chomrong to Bamboo, covering about 7 kilometers (4.3 miles). The hike takes 4 to 5 hours, depending on your pace and breaks. The trail features some steep parts, but our **experienced Sherpa guide** will make sure you're safe and comfortable throughout the journey.

At **Mountain Sherpa Trekking**, we've successfully guided trekkers from as young as 7 to as old as 77 on this route. With our expert support, you'll confidently tackle the trail and enjoy stunning views of the Annapurna range. This trek isn't just a walk; it's a memorable adventure filled with beautiful scenery.

#### Day 06:: Trek to Deurali (3,230 m/10,597 ft): Approx.4 hrs-Overnight stay at Lodge

Today's trek takes us from Bamboo to Deurali, one of the most captivating sections of the Annapurna Base Camp Trek. Spanning roughly 6 kilometers, this 3 to 4-hour hike promises an invigorating climb as we ascend from Bamboo's 2,335 meters to Deurali's 3,230 meters—an altitude gain of about 895 meters.

On the trek from Bamboo to Deurali, you'll enjoy amazing views. The trail climbs through beautiful forests, where

you'll see colorful plants and some waterfalls. As you go higher, the trees start to thin out, revealing fantastic views of the Annapurna mountains.

From Bamboo, the trail gradually reveals distant snow-capped peaks and dramatic mountain vistas. As you approach Deurali, the views become even more breathtaking, with closer views of the towering **Annapurna and Machapuchare** (**Fishtail**) **peaks.** The crisp mountain air and the surrounding landscape create a picturesque setting that makes the trek from Bamboo to Deurali a visual highlight of the Annapurna Base Camp journey. Deurali itself provides a range of accommodation options with basic amenities like hot showers and comfy beds. We'll ensure you're settled in the best available lodge for a pleasant stay.

#### Day 07:: Trek to Annapurna Base Camp (4,130 m/13,549 ft) - Approx 4/5 hrs-Overnight stay at Lodge

The trek from Deurali to Annapurna Base Camp takes you through a stunning high-altitude journey. As you leave Deurali, the trail continues through the breathtaking alpine landscape, gradually revealing grand vistas of the Annapurna range.

The path initially winds through a rugged terrain with sparse vegetation and occasional rocky outcrops. As you climb higher, you'll cross the Machapuchare Base Camp (MBC) before reaching Annapurna Base Camp. The ascent offers increasingly spectacular views of the Annapurna Massif, including Annapurna South, Annapurna I, and the iconic Machapuchare (Fishtail Peak).

The final stretch to Base Camp is marked by its dramatic, panoramic views. You'll be surrounded by towering peaks and a vast, open glacial basin, creating a truly awe-inspiring atmosphere. The trek is moderately challenging due to the altitude, but the scenery is incredibly rewarding, providing an unforgettable experience of the Himalayan landscape.

#### Day 08:: Trek down to Dovan (2,340M/7,677 ft) - Approx. 4-5 hrs-Overnight stay at Lodge

The trek from Bamboo to Jhinu Danda is a delightful journey through diverse landscapes. Starting from Bamboo, you'll follow the Modi Khola river, meandering through lush rhododendron and bamboo forests. After a few hours, you'll reach the charming village of Bamboo, perfect for a refreshing tea break.

From there, the path ascends through dense bamboo forests and crosses a few streams before arriving at Sinuwa, located at 2,340 meters (7,677 feet). After Sinuwa, the trail descends to the Chomrong Khola river, where you'll cross a suspension bridge. The journey then involves a steep climb up to Chomrong, a picturesque Gurung village at 2,170 meters (7,119 feet), offering breathtaking views of the Annapurna range.

Beyond Chomrong, the trail continues down through forests and terraced fields to Jhinu Danda, at 1,760 meters (5,774 feet). Jhinu Danda is renowned for its natural hot springs, providing a perfect spot for trekkers to unwind and soak in the warm waters. The trek showcases a stunning mix of bamboo groves, rhododendron forests, and terraced landscapes, all framed by the magnificent peaks of Machhapuchhre (Fishtail) and Annapurna South.

## Day 09:: Trek to Jhinu Danda [1,760 m/5,774 feet] - Approx 5 hrs- Overnight stay at Lodge

The trek from Bamboo to Jhinu Danda is a delightful journey through diverse landscapes. Starting from Bamboo, you'll follow the Modi Khola river, meandering through lush rhododendron and bamboo forests. After a few hours, you'll reach the charming village of Bamboo, perfect for a refreshing tea break.

From there, the path ascends through dense bamboo forests and crosses a few streams before arriving at Sinuwa, located at 2,340 meters (7,677 feet). After Sinuwa, the trail descends to the Chomrong Khola river, where you'll cross a suspension bridge. The journey then involves a steep climb up to Chomrong, a picturesque Gurung village at 2,170 meters (7,119 feet), offering breathtaking views of the Annapurna range.

Beyond Chomrong, the trail continues down through forests and terraced fields to Jhinu Danda, at 1,760 meters

(5,774 feet). Jhinu Danda is renowned for its natural hot springs, providing a perfect spot for trekkers to unwind and soak in the warm waters. The trek showcases a stunning mix of bamboo groves, rhododendron forests, and terraced landscapes, all framed by the magnificent peaks of Machhapuchhre (Fishtail) and Annapurna South.

#### Day 10:: Drive to Pokhara from Jhinu Danda: 2 hours drive- Overnight stay in Hotel

The drive from Jhinu Danda to Pokhara takes about 2 to 3 hours, depending on road conditions and traffic. The route includes narrow, winding roads and some unpaved sections, so it's crucial to hire an experienced driver and a 4WD jeep for a safe and comfortable journey.

At **Mountain Sherpa Trekking**, we ensure you travel with a skilled driver in a well-maintained private jeep. This not only enhances your safety but also ensures a smoother ride. Along the way, you'll be treated to stunning views of the Annapurna range, lush forests, and charming villages, making the drive a scenic and enjoyable part of your trip.

## Day 11:: Relax and Rejuvenate: A Day of Leisure in Scenic Pokhara- Overnight stay in Hotel

Today is your well-earned day to relax and rejuvenate in Pokhara, the perfect retreat after your trek. Set against the backdrop of serene lakes and majestic mountains, Pokhara offers a tranquil environment to unwind.

Start your day with a calming **Ayurvedic massage**, organized by our guide, to relieve any lingering muscle tension and fatigue from your trek. This hour-long session is designed to help you relax and recharge, providing a soothing start to your day.

Following your massage, embark on a half-day tour of Pokhara, where you'll explore its picturesque attractions and serene ambiance. Enjoy the stunning vistas, visit key landmarks, and soak in the laid-back charm of the lakeside area.

The remainder of the day is yours to explore at your leisure. Stroll along the vibrant lakeside promenade, take in the beauty of Phewa Lake, and indulge in local delicacies at cozy cafes and restaurants. This day is all about taking it slow, savoring the peaceful surroundings, and fully embracing the enchanting allure of Pokhara.

#### Day 12:: A Day of Cultural Exploration: Patan and Bhaktapur After a Scenic Flight

After a delightful buffet breakfast at our luxury hotel, you'll be transferred to Pokhara's domestic airport, just a short 20-minute drive away. From there, you'll embark on a picturesque 25-minute flight to Kathmandu, where you'll be treated to breathtaking aerial views of the Himalayas and lush valleys.

Upon arriving in Kathmandu, your day will be filled with exploring two of the city's most historic and captivating sites: **Patan** and **Bhaktapur.** 

First, we'll visit **Patan**, celebrated for its magnificent Durbar Square. This architectural gem is renowned for its detailed carvings, ancient temples, and vibrant local life. Take a leisurely stroll through the square and appreciate the exquisite Newari craftsmanship amidst the lively ambiance of this culturally rich area.

Next, we'll journey to **Bhaktapur**, often described as a living museum of medieval Nepali architecture and artistry. As you wander through its grand Durbar Square, you'll encounter stunning temples and palaces that showcase Bhaktapur's rich heritage. The city is also renowned for its traditional crafts, including its distinctive pottery and intricate woodwork.

#### Day 13: : Transfer to the airport for your departure from Kathmandu

After a delicious breakfast, our team will be ready at your hotel to whisk you away to the airport for your flight home. It's been a true delight having you with us, and we at Mountain Sherpa Trekking cherish the connection we've made during your journey.

Thank you for choosing us as your travel companion and for exploring the breathtaking wonders of Nepal. We hope the Annapurna Base Camp trek and your cultural adventures have left you with memories to treasure forever.

Farewell, adventurers! Until our paths cross again, we wish you safe travels and countless more thrilling experiences.

## **Cost Includes**

## **Transports & Accommodations**

- Private Transfers upon arrival and departure
- Kathmandu-Pokhara-Kathmandu Round-trip flight
- 3 Night hotels in Pokhara city as specified in Itinerary
- 2 Night hotels in Kathmnandu city as specified in Itinerary
- 7 nights local lodge accommodations during trek

#### **Meals & Drinks**

- Daily hygienic breakfast in city as specified in Itinerary
- Daily 3 meals entire trek (Breakfast, Lunch & Dinner)
- Tea or Coffee as per choice (Per day 5 Cups Per person)
- Welcome dinner at best local restaurant with cultural show

## Gear & Equipment

- Sleeping bags and down Jackets if required
- Duffel bag, Trek Map & group medical Kit
- Pulse oximeter for oxygen saturation as well as heart rates
- Hot water bag to warm your feet inside the sleeping bag
- Complimentary T-shirt, Water bottle and walking pole

#### **Support**

- Reliable and honest Local Sherpa guide
- Hardworking and trustworthy porters (1 porter for 2 People)
- Free extra luggage storage service
- Free help to get SIM Card, renting or buying gears
- Call support for anytime 24/7 for Emergency

## Pays & Permit

- Pay and insurance for guide and support staff
- Annapurna conservation entry permit fee
- TIMS Card fees and local administration fees
- Cultural tour in city including guide and driver as per itinerary
- Entrance fees to historic sites, temples and monuments

#### Additional MST Service

- We help you, if an airline loses your luggage, or delayed
- One hour free Special Ayurvedic massage at the end of Trek
- We help our clients to buy souvenirs at wholesale price
- We show you around local areas, recommend to eat etc

#### WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately \$5-10 Per Meal)
- Any Alcoholic Drinks and deserts in Trek
- Gratitude for Guide & Porter after end of trek

#### **Extra Bills**

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation

## **FAQS**

#### How Fit Do I Need to Be to Do the Annapurna Base Camp Trek

The Annapurna Base Camp trek is suitable for those who are reasonably fit and in good health. It is less strenuous compared to other treks in Nepal, so no prior trekking experience is needed. However, we recommend engaging in physical fitness activities like running, swimming, and hiking to prepare for the trek.

Due to the uphill and downhill sections of the trail, this trek may not be ideal for individuals with knee issues or weak ankles. Those with heart conditions or respiratory problems should consult their doctor before undertaking the journey.

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

In **Kathmandu** and **Pokhara**, you'll enjoy deluxe rooms at top-notch hotels, complete with breakfast to start your day right. On the trek, we ensure you stay in the best available lodges, with special touches like attached bathrooms in **Ghandruk**, **Chomrong**, and **Jhinu Danda**, and hot showers throughout your journey.

For added comfort, we can provide sleeping bags if needed (to be returned after the trip), but we recommend bringing your own sleeping gear. The lodges typically offer single and double rooms, and occasionally dormitory-style accommodations. When possible, you'll savor meals around a crackling bonfire, enhancing the experience. The lodge kitchens are off-limits to guests, and toilets are basic but conveniently located outside the rooms. Get ready for a trekking adventure with cozy accommodations and memorable moments!

#### What sort of food can I expect in trekking

On the Annapurna Base Camp trek, most teahouses (lodges) offer a delicious variety of mainly vegetarian dishes. The menu typically includes options such as pasta, tuna bakes, noodles, potatoes, eggs, daal bhat (rice and lentils), bread, soup, and fresh vegetables (seasonal availability varies). You may also enjoy desserts like apple pie, pancakes, and inventive attempts at custard. Garlic is a common ingredient because it helps with acclimatization, so try to include it in your meals daily.

In larger villages, you might find meat options on the menu. You'll have access to hot chocolate, tea, hot lemon drinks, soft drinks, and snacks like chocolate and crisps. Meals are organized as follows: breakfast and dinner will be served at the lodge where you stay, while lunch will be enjoyed along the trail as you head towards your next destination.

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

Absolutely! Each of our guides has completed an extensive 45-day training program at the Hotel Management and Tourism Center in Nepal. Additionally, they have undergone specialized high-altitude first aid training from KEEP (Kathmandu Environmental Education Project). For further assurance, please review our Trekking Guides' profiles and training certificates. Your safety and expertise are our top priorities.

#### What opportunities will I have for shower along the trek

In key locations, we arrange for guesthouses equipped with hot showers to ensure your comfort. In other areas, where hot showers may not be available, we provide water in a bucket for a refreshing wash. We strive to make your trekking experience as pleasant and convenient as possible.

#### 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.

#### What is the maximum weight for my trek bag

To ensure a smooth trekking experience, please keep your trek bag weight to a maximum of 15 kg. Each porter can carry up to 30 kg, which means they can handle the trek bags of 2 clients, with each bag weighing 15 kg. This arrangement helps us maintain efficiency and ensures the well-being of both our porters and trekkers. Thank you for your understanding and cooperation!

## Where can I leave my extra things and valuables while I am on the trek

The hotels we use in Kathmandu and Pokhara provide securely locked rooms to safely store your extra belongings. You can confidently leave your additional items at the hotel, knowing they will be kept safe. Alternatively, you are welcome to store your belongings at our office for added convenience. Your peace of mind is our priority.

#### Do you use porters on the trek or do we carry all of our own gear? Do you provide us duffle Bags

On your trek, our porter will handle your main luggage, allowing you to focus on the adventure. All you need to bring is a small daypack for essentials like your camera, water bottle, and sun cream. For added convenience, we'll provide you with duffle bags to securely transport your belongings. Enjoy the trek with ease, knowing your gear is in good hands!

#### Are solo female travelers safe on Annapurna Base camp trek

Yes, solo female travelers are fully safe with us. We prioritize the safety and well-being of all our guests, regardless of gender. Nepal is known for its safety and hospitality, and we work with trusted lodges to ensure a secure stay. Our experienced **Sherpa guides** monitor all trekkers closely, and we operate in small groups for easy communication. Your trek with us will be both secure and enjoyable.

#### How I can book this trek? What about Payment

To secure your booking, a **25% advance deposit** of the total trip package is required. This deposit guarantees 100% confirmation of your reservations for hotels, domestic flights, and other trip arrangements. You can make the payment online or via bank wire transfer.

After receiving your deposit, we'll promptly send you an invoice and a booking confirmation email. The remaining balance is due upon your arrival in Kathmandu. Please note that the deposit is non-refundable, but you can postpone your travel date if needed. Your deposit remains valid for up to 3 years, giving you flexibility to choose any travel date within that period.

## What is your success rate for reaching the Annapurna base Camp

We take pride in our flawless **100% success rate** for the Annapurna Base Camp trek, thanks to our team of highly skilled local **Sherpa guides** and staff. As a 100% local **Sherpa company**, every member of our team is a Sherpa, known for their exceptional mountaineering skills and profound local knowledge. Sherpas have long been esteemed as elite guides, essential to early Himalayan explorers, particularly those tackling the extreme altitudes of Everest. Their expertise ensures an unparalleled trekking experience, rooted in deep regional insight and unmatched mountaineering proficiency.

## What happens if I get sick

Our skilled local **Sherpa guides** and porters are trained in mountain first aid and altitude sickness management. While severe altitude issues are **rare**, the solution is always to descend. In case of illness or injury, we quickly arrange for **evacuation via helicopter to Pokhara** if needed. We maintain ample staff to ensure that if a client needs to be cared for, the rest of the group can continue their trek. With cell phone coverage throughout the Annapurna Base Camp trek, we have reliable 3G connectivity for emergencies. Your guide will use your travel insurance details to organize immediate rescue if necessary, ensuring you receive prompt medical attention in Pokhara or Kathmandu.

## Will My Travel Insurance Cover Me for the Annapurna Base Camp Trek

Insurance is essential for the Annapurna Base Camp trek. We highly recommend securing a policy that includes coverage for helicopter evacuation in emergencies, as well as trip cancellation and flight delay coverage for a worry-free journey.

Our commitment is to support you in any emergency situation, ensuring you have the necessary coverage and assistance throughout your trek. Please make sure your insurance meets these requirements for a smooth and secure trekking experience.

#### What would be normal group size & How many porters and trekking staff are in the group

At **Mountain Sherpa Trekking & Expeditions**, we ensure our porters are well-supported with a 1:2 porter-to-trekker ratio and provide one expert Sherpa guide for every two trekkers. For groups of five or more, an additional guide is included to handle any health issues that may arise. We are also proud to be among the highest salary-paying companies for guides and porters in Nepal.

We generally find that groups of eight to twelve offer the best experience, but we can accommodate any size, including solo or private family treks. Let us customize your Annapurna Base Camp adventure to perfectly match your needs.

## Do the tea houses/lodges have electricity? Can I charge my iPod or camera

On the Annapurna Base Camp trek, most lodges and teahouses have electricity, so you can charge your devices

such as iPods or camera batteries. Please be aware that there is typically a small charging fee, ranging from \$1 to \$2 per hour, although some places may offer charging at no cost.

#### If I have more questions, how should I contact Mountain Sherpa Trekking

If you have any more questions, please feel free to reach out to us. You can contact us via email, phone, or WhatsApp—just click the "Message Us" button in the lower-left corner of our website. Alternatively, you can email us directly at info@mountainsherpatrekking.com. We guarantee a response within 24 hours. We're here to assist you every step of the way!

#### Why book Annapurna Base Camp trek with Mountain Sherpa Trekking & Expedition

#### Here are the top 7 reasons to book your Annapurna Base Camp trek with Mountain Sherpa Trekking:

- Over 26 Years of Expertise: Leverage our extensive experience for a seamless adventure.
- Dependable Local Sherpa Guides: Enjoy authentic insights and safety from our reliable guides.
- Family-Owned Excellence: Benefit from personalized service with our trusted Sherpa family-run company.
- Flexible Itineraries & All-Inclusive Packages: Customize your trek with our flexible plans and comprehensive packages.
- Clean Accommodations & Hygienic Meals: Stay comfortably and eat healthily with our focus on cleanliness.
- Best Service & Price Guarantee: Experience top-notch service at competitive prices.
- Giving Back to Society: Support our commitment to positively impacting local communities.

Choose us for a trek that combines expertise, comfort, and a meaningful impact.