# Annapurna circuit trek- 16 Days (all-inclusive)

**3 Star Hotel Package**

**1970**USD per person

*Including healthy meals

**5 Star Hotel Package**

**2270**USD per person

*Including healthy meals

**Trip Style:** Tour, Hike & Trekking

**Trip Difficulty:** challenging

## Annapurna Circuit Trek: Moderate-to-Hard Himalayan Adventure in Nepal

**Annapurna Circuit Trek is one of the most beautiful and rewarding treks in Nepal. Since this trek involves the challenging high pass, Thorong La Pass (5,416 m / 17,769 ft), it is crucial to acclimatize properly while ascending to avoid altitude sickness.**

**Trekkers are also advised to be physically fit and train well before visiting Nepal, as the trek requires stamina, endurance, and preparation for long days of hiking at high altitudes.**

The trek passes through five districts of Nepal: Lamjung, Manang, Mustang, Myagdi, and Kaski. The journey begins with a scenic drive from Kathmandu to Besisahar, followed by another drive to Chame, the gateway to the high Himalayas. From Chame, the trek gradually ascends through picturesque villages, alpine valleys, and mountain landscapes.

After crossing the breathtaking **Thorong La Pass (5,416 m / 17,769 ft)**, trekkers descend into the culturally rich Lower Mustang region, a land of arid beauty, ancient monasteries, and traditional Tibetan-influenced villages. One of the highlights here is the sacred Muktinath Temple, a revered pilgrimage site that draws both Hindus and Buddhists.

From Muktinath, the adventure continues with a scenic jeep drive to Kalapani, passing through charming villages like Marpha, famous for its apple orchards and traditional stone houses, and serene mountain lakes that reflect the towering peaks around them. After spending a night in the tranquil village of Kalapani, the journey resumes the next day with a picturesque drive through winding Himalayan roads, finally arriving in the vibrant city of Pokhara, where the trek concludes against the backdrop of the stunning Annapurna range.

With its combination of stunning landscapes, Himalayan culture, and adventure, the **Annapurna Circuit Trekking** is a must-do moderate to hard trek suitable for moderate to experienced trekkers.

## Why Choose Mountain Sherpa Trekking for Annapurna Circuit Trek?

1. **Optimized Itinerary:** Carefully designed for proper acclimatization and gradual ascent.
2. **Private Transport:** Safe and comfortable private transfers throughout, including Pokhara–Kathmandu flight.
3. **Best Accommodation:** Luxury city hotels and top-rated mountain lodges included.
4. **Expert Sherpa Guides:** Experienced, reliable guides with 15+ years of trekking expertise.
5. **24/7 Support**: Round-the-clock assistance to solve any issues during your trek.
6. **Safety First:** Your trek is led by trained guides, ready to handle emergencies immediately.
7. **Guaranteed Quality Service:** 100% local Sherpa family-owned company, delivering reliable service from arrival to departure with 27+ years of experience.

DURATION: 16 days

## Trip Facts

### Trekking Region
- Annapurna Region Nepal
- Annapurna Circuit Trek +City Tour

### Trip Durations
- 15 Nights/ 16 Days
- Can be modify If Needed

### Meals
- Daily Breakfasts In City
- All Meals during Trekking

### Maximum Altitude
- Thorung-La Pass
- 5,416-m/17,770 ft.

### Suitable For
- Moderate to Experienced Trekkers

### Best Time to Travel
- March -May
- Mid September- December

### Service Level
- Experienced Sherpa guide
- 99% Success Guaranteed

### Accommodation
- Luxury Hotels In City
- Best Lodge during trek

# ITINERARY

**Day 01:: Arrival in Kathmandu (1,300m /4,264 ft) and transfer to hotel**

As you approach Kathmandu, the breathtaking sight of snow-capped Himalayan vistas sets the stage for your upcoming Annapurna Circuit trek. From the sky, the majestic peaks paint a mesmerizing picture, igniting the excitement for the adventure ahead. Upon landing, our Guide and Driver eagerly await you outside the airport gate, ushering you to your hotel. After check-in and refreshing, take time to explore the surroundings or unwind from the journey. In the evening, meet with our senior trek guide for a comprehensive briefing on the details of our upcoming trek.

**Day 02:: Drive by a private Car to Besisahar (760M/2494ft) - Approx 5/6 Hrs- Lodge [B/L/D]**

Begin the day with a nourishing buffet breakfast at our hotel before embarking on a scenic drive westward to the starting point of our trek. Accompanied by our seasoned Sherpa guide and team, we travel for approximately 3 hours until we reach the settlement of Mugling, where we pause for an early lunch at a roadside restaurant. Continuing our journey, we proceed to the small town of Dumre, situated beside the Marsyangdi River. The picturesque drive covers about 185 km, taking roughly 6 hours from Kathmandu to reach Besisahar.

Throughout the drive, enjoy the stunning scenery, and as we arrive at Besisahar, the sight of the snow-capped peaks of Lamjung Himal adds a touch of majesty to the landscape. If preferred, we also have the option to drive up to Ngadi village on the same day using a local Jeep.

**Day 03:: Drive from Besisahar to Chame - 2,670 meters / 8,760 feet - Lodge (B.L.D)**

After breakfast, we drive by jeep from Besisahar (760 m / 2,493 ft) to Chame (2,670 m / 8,760 ft), covering approximately 67 km in 3–4 hours along the scenic Marsyangdi River valley. The route passes through traditional villages including Syange, Jagat, Chamje, Dharapani (1,960 m / 6,430 ft), Bagarchhap, Timang, and Koto, offering beautiful views of forests, waterfalls, and rugged Himalayan terrain. The journey is highly rewarding, with dramatic landscapes and stunning scenery throughout, and you will definitely love the drive as it passes through one of the most beautiful regions of the world. Upon arrival in Chame, the administrative headquarters of Manang District, we check into a comfortable lodge with hot shower and attached bathroom, followed by rest and tea. Later, a short guided walk allows time to explore the village, visit the hot spring, and enjoy views of Lamjung Himal (6,983 m / 22,910 ft) and Annapurna II (7,937 m / 26,040 ft).

**Day 04:: Trek from Chame to Upper Pisang 3,300 meters (10,827 feet - Approx. 4-6 hrs- Lodge [B/L/D]**

**Approx. Walking:**4-6 hours trek **Approx. Distance:** 10 km **Highest Altitude**: Upper Pisang (3,300m/10824ft)

After a restful night in Chame, savor a delicious breakfast at the lodge, usually served around 7-7:30 AM. Our guides are flexible to cater to your preferences, and make sure your bag is packed before breakfast.

The trek from Chame to Upper Pisang on the Annapurna Circuit covers approximately 9 to 10 kilometers. Traverse scenic landscapes, cross the Marsyangdi River, and pass through charming villages like Bhratang. Revel in stunning views of the Annapurna and Manaslu ranges. The journey involves a gradual ascent, taking about 4 to 6 hours, depending on your pace and stops.

Upper Pisang, situated at around 3,300 meters (10,827 feet), provides a higher vantage point with captivating panoramic views, especially of Annapurna and Gangapurna. Enjoy a beautiful stay at the best local lodge, soaking in the breathtaking scenery.

**Day 05:: Trek from Upper Pisang to Ngawal (3,660m / 12,008ft). Approx. 5-6 hrs**

**Approx. Walking: 5-6** hours trek **Highest Altitude**: **Ngawal (3,660m / 12,008ft).**

After breakfast, our expert Sherpa guide will lead you on a stunning high-altitude trek from **Upper Pisang (3,300m / 10,827ft)** to **Ngawal (3,660m / 12,008ft)** via Ghyaru (3,670m / 12,040ft). This scenic journey takes about 6-7 hours, offering incredible views of Annapurna II, III, IV, and Tilicho Peak.

The trail winds through traditional Tibetan villages, ancient monasteries, and cultural landmarks, providing a glimpse into the local lifestyle. While the trek is more challenging than the lower route, it’s perfect for acclimatization. The gradual altitude gain helps your body adjust, ensuring a safer journey to higher altitudes.

Arriving in Ngawal, you'll be greeted by charming Tibetan-style houses, prayer flags, and Buddhist stupas, along with panoramic mountain views. This peaceful village is an ideal spot for an overnight rest and a gateway to the higher Annapurna regions.

**Day 06:: Trek from Ngawal to Manang (3,540 meters/11,614 feet). Approx. 3 hrs - Lodge**

Today, after having breakfast, we start our trek. The trek from Ngawal (3,660m) to **Manang (3,540m)** takes approximately 3 hours over a distance of 5-6 km, descending gently through alpine meadows and villages. You'll enjoy stunning views of Gangapurna, Annapurna III, and Chulu Peak. Manang offers a mix of Tibetan culture, monasteries, and is an excellent spot for acclimatization before continuing to higher altitudes. Once we reach Manang, we will check into a lodge and have our lunch. Afterward, our guide will take you on an acclimatization hike to help adjust to the high altitude, followed by an overnight stay in Manang.

**Day 07:: Hike to Gangapurna Glacier or Praken Gompa for proper acclimatization at high altitude**

Today, our expert Sherpa guide will ensure your health and acclimatization are carefully monitored, a vital step before continuing your ascent. **Acclimatization** is key at this high altitude, and with over 20 years of experience, our guide will lead you on an exciting day hike in Manang. You have two incredible options: venture to the stunning Gangapurna Glacier, where you can marvel at the glacial ice and surrounding peaks, or hike up to the peaceful Praken Gompa, offering panoramic views of the Annapurna range and the hidden valley below. If you're feeling adventurous, both hikes are achievable! Whichever you choose, you'll be accompanied by our friendly **Sherpa guide,** ensuring a day of breathtaking views, insightful cultural experiences, and warm hospitality with a smile. It’s the perfect opportunity to acclimatize while immersing yourself in the beauty and serenity of the Himalayas.

**Day 08:: Acclimatization Day Hike to Ice Lake (4,620 m / 15,157 ft) – Return to Manang- Lodge**

fter an early breakfast, we begin a challenging yet highly rewarding acclimatization hike from **Manang (3,540 m /**

**11,614 ft)** to **Ice Lake (4,620 m / 15,157 ft).** The trail ascends steadily via **Barga Village (3,450 m / 11,319 ft)**, climbing through alpine terrain with ever-expanding views of the Manang Valley.

As we gain altitude, the scenery becomes increasingly dramatic, offering outstanding panoramic views of the Annapurna range, **Gangapurna (7,455 m / 24,459 ft), Tilicho Peak (7,134 m / 23,406 ft)**, and surrounding glaciers and high-altitude landscapes. Ice Lake itself is a beautiful alpine lake set beneath towering Himalayan peaks, making this hike one of the most recommended acclimatization excursions in the Annapurna region.

This hike is physically demanding but extremely effective for acclimatization. With three nights in Manang combined with this ascent to over 4,600 meters, the body adapts well to higher elevations, significantly improving comfort and safety for the crossing of **Thorong La Pass (5,416 m / 17,769 ft)** later in the trek.

**Day 09:: Trek from Manang to Yak Kharka (4,050m/13,287 ft) - 4 hrs - Lodge [B/L/D]**

**Approx. Walking**:(3 to 4 hours). **Approx. Distance** 9km/5.5 miles **Highest Altitude**: Yak Kharka 4,050 meters (13,287 feet),

After a two-night stay in Manang, fully acclimatizing to the high altitude, the trek from **Manang to Yak Kharka** unfolds as a picturesque journey within the Annapurna Circuit. Commencing from the culturally rich village of Manang (at an altitude of about 3,540 meters or 11,614 feet), the trail gradually ascends alongside the Marsyangdi River, offering trekkers stunning views of the Annapurna and Gangapurna mountain ranges.

As you depart Manang, the landscape undergoes a transition, immersing you in a more alpine environment. Crossing the Jharsang Khola, the trail meanders through pastures and juniper woodlands. Yak Kharka, nestled at an altitude of approximately **4,050 meters (13,287 feet),** functions as a temporary grazing area for yaks during the monsoon season. It serves as a peaceful and scenic stopover before embarking on the ascent to higher altitudes. The journey from Manang to Yak Kharka typically spans around 3-4 hours, covering a distance of approximately 9 kilometers, contingent on individual pace and stops.

**Day 10:: Trek from Yak Kharka to Thorong Phedi (4450m/14599.74 ft). Approx. 4-5 hrs**

**Approx. Walking: 4-5 hrs Highest Altitude**: Thorong Phedi (4450m/14599.74 ft)

Following breakfast, our trek from Yak Kharka to Thorang Phedi commences. The initial settlement is Ledar, reached after a hike from Yak Kharka. As we continue our ascent, we traverse cliffs with commanding views before reaching Thorong Phedi. Thorong Phedi is a vital resting point before the challenging ascent to Thorong La Pass. There are lodges in high camp as well, but as per our **27+ years of experience,** it is highly recommended to stay the night at Thorang Phedi to properly acclimatize to the high altitude and prepare for the next day's early morning pass crossing.

This leg of the journey rewards us with splendid views of prominent peaks, including Mt. Gundang, Mt. Syagang, Thorung Peak, and Mt. Khatungkan. The term "Phedi" in Nepali signifies the foot of a foothill, adding a local touch to the geographical description. The landscape becomes more rugged, providing a preview of the challenges and beauty that lie ahead on the journey to Thorong La pass. After having our early dinner, you have to go to bed early today to get ready for the next day's long trek, which should start around 4 o'clock in the morning.

**Day 11:: Cross to Thorong-La Pass (5416-m/17770 ft.) with Expert Sherpa guide and reach Muktinath**

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

In the early morning, we'll serve hot tea and coffee with a packed breakfast for a warm start to our day. At the summit, hot tea will be provided to keep us warm. Guided by our expert and friendly Sherpa, we start our journey from Phedi at 4 am, crucial for reaching the pass before 10 am and avoiding potentially hazardous strong winds

later in the day at the high altitude of 5,416m. The trail, though steep, is well-trodden and has been used by locals for centuries.

After steadily ascending for about 4 hours, we reach the Chorten and prayer flags marking the high pass. The panoramic views from this vantage point are truly breathtaking, ranging from the snow-covered mountains above to the Kali Gandaki valley below, along with the brown and purple hills of Mustang extending before us. It's a masterpiece of natural geography, a gift from God to the world and its people.

The descent from the pass, though straightforward, can be challenging on the knees. However, the difficulty is compensated by the lovely views of Dhaulagiri. The approximately three-hour descent, covering 1600 meters, brings us to the sacred village of Muktinath, providing excellent views of Dhaulagiri, Tukuche Peak, and Nilgiri. Muktinath is renowned as a pilgrimage site for Hindus.

**Day 12:: Drive from Muktinath to Kalopani (2,530 m / 8,300 ft) by Private Jeep – Lodge**

After a peaceful breakfast at your lodge in **Muktinath (3,760 m / 12,336 ft),** you begin a scenic 4-5 hour private jeep drive to Kalopani, descending through the dramatic landscapes of the Kali Gandaki Valley. Traveling by private jeep allows flexibility to stop for photographs and enjoy the striking transition from the dry, wind-swept highlands of Mustang to greener valleys below.

En route, you take a short side trip to **Dhumba Lake (approx. 2,830 m / 9,285 ft)** near Jomsom, a beautiful turquoise alpine lake set beneath barren hills—an ideal spot for quiet reflection and photography. Continuing onward, you stop for lunch in **Marpha Village (2,670 m / 8,760 ft),** famous for its whitewashed houses, stone-paved streets, apple orchards, and strong Tibetan cultural influence.

After lunch, the drive continues through some of the most beautiful villages of the Annapurna Circuit, including Tukuche, once a historic trading center, and Kobang, surrounded by fertile fields and mountain views. By late afternoon, you arrive at Kalopani, a charming village known for its spectacular panoramas of **Annapurna I (8,091 m), Dhaulagiri (8,167 m)**, **and Nilgiri**, where you check into your lodge for a relaxing overnight stay amid one of the finest mountain viewpoints of the trek.

**Day 13:: Drive to Pokhara City from Kalopani (2,530 m / 8,300 ft) by Private Jeep - hotel**

After a hearty breakfast in **Kalopani (2,530 m / 8,300 ft)**, your journey continues with a comfortable **private jeep drive to Pokhara (820 m / 2,690 ft),** taking approximately 4–5 hours. The drive follows the Kali Gandaki Valley, passing through beautiful villages such as **Ghasa,** and the spectacular **Rupse Chhahara waterfall**, located in the Kali Gandaki Gorge—one of the **deepest gorges in the world**, carved between Annapurna I and Dhaulagiri.

Continuing onward, you pass the villages of Dana and stop at **Tatopani (1,200 m / 3,937 ft)** for a tea break; those interested may also enjoy a short visit to the famous natural hot springs to relax. The drive then continues through lively settlements including Beni, Maldhunga, and Nayapul, where everyday Himalayan life unfolds amid cascading waterfalls, terraced rice fields, and distant snow-capped peaks, including views of the Annapurna range and Machhapuchhre (Fishtail) on clear days.

With a private jeep and experienced driver, you have the flexibility to stop for photos, short walks, or refreshments along the way. By early afternoon, you arrive in Pokhara, Nepal’s picturesque lakeside city, where you are transferred to a **comfortable hotel near Phewa Lake**—the perfect place to relax, reflect on your Annapurna adventure, and enjoy the serene mountain atmosphere.

**day 14:: Full-day Pokhara city tour with relaxing Ayurvedic massage, including hotel stay**

After breakfast, your guide will take you on a full-day guided tour of Pokhara, including visits to some of the city’s most iconic attractions: **Devi’s Fall, Gupteshwor Cave, the Tibetan Refugee Camp, the International Mountain Museum as well as Gurkha Museum and other cultural and natural highlights**. Each site offers a

unique glimpse into the natural beauty, cultural heritage, and mountaineering history of Nepal.

After the tour, you'll have free time to explore the Lakeside area, known for its serene lake views, vibrant cafés, and a variety of restaurants—a perfect place to relax and reflect on your trekking journey.

To help you fully recover, a **one-hour Ayurvedic massage** is included at a trusted wellness center, where skilled therapists will ease any muscle soreness or joint discomfort from the trek.

You'll spend the night in one of Pokhara's **finest hotels near Phewa Lake, offering comfort,** elegance, and easy access to the best of Lakeside.

**This day provides a well-deserved blend of culture, relaxation, and rejuvenation in Nepal's most scenic city.**

**day 15:: Morning scenic flight to Kathmandu & full-day guided city tour with hotel accommodation**

After enjoying a delicious breakfast at your hotel in Pokhara, you will be transferred to Pokhara Airport for a short and scenic 25-minute flight back to Kathmandu. On a clear day, this flight offers stunning aerial views of the Annapurna and Langtang Himalayan ranges—a beautiful way to conclude your mountain journey.

Upon arrival in Kathmandu, your guide will greet you and begin a full-day guided city tour to help you experience the rich local culture, ancient history, and spiritual traditions of Nepal's capital.

**Today's highlights include:**

1. **Pashupatinath Temple** – One of the holiest Hindu temples in South Asia, situated on the banks of the Bagmati River.
2. **Boudhanath Stupa** – A UNESCO World Heritage Site and one of the largest spherical stupas in the world, central to Tibetan Buddhist life in Nepal.
3. **Swayambhunath (Monkey Temple)** – An iconic stupa perched on a hilltop offering panoramic views of Kathmandu Valley, sacred to both Buddhists and Hindus.
4. **Kathmandu Durbar Square** – A historic complex of palaces, courtyards, and temples that was once the royal palace of the Malla kings. Here, you'll also explore Ason and Indra Chowk, bustling local markets where you can see traditional Nepali trade, spices, and daily life in action.

After the tour, you'll be transferred to your hotel in Thamel or another central location. In the evening, enjoy free time to explore the lively streets of Thamel—known for its restaurants, cafés, shops, and vibrant atmosphere. It's a perfect place for last-minute shopping or a relaxing dinner to reflect on your unforgettable Annapurna adventure.

**day 16:: Airport transfer by private Car after a memorable trek in Nepal and Fly back to Home**

After enjoying a hearty breakfast, our dedicated representative and office vehicle will be ready to escort you to the airport for your homeward-bound flight. Serving you has been an incredible joy for us at Mountain Sherpa Trekking and Expeditions. We deeply appreciate your choice in making us your travel partner and exploring the beautiful country of Nepal with us.

The bonds we've forged during your time with us are cherished, and we are confident that the memories from your Annapurna Circuit trek, guided by our reliable Sherpa, will be a treasure for a lifetime. As we bid you farewell, we express our gratitude and eagerly await the day our paths cross again.

Please Note: While we aim to adhere to the provided itinerary, local trail or weather conditions may require slight adjustments. The trekking schedule might also be adjusted based on the acclimatization rates of our trekkers. Given the adventurous nature of this trek in the high-altitude wilderness, we appreciate your understanding and flexibility for any necessary changes prioritizing safety. Thank you for choosing Mountain Sherpa Trekking and Expeditions.

# Cost Includes




## Transports & Accommodations

- We provide on-time airport pickup and drop-off services using a private car, welcoming you with a warm smile and handmade scarf/garland for a friendly beginning and conclusion to your journey.
- Pokhara - Kathmandu flight, including airport drop-off and pickup service.
- Kathmandu to Besisahar by private car, Besisahar to Chame by Private jeep with an experienced driver, and Muktinath to Pokhara by private jeep.
- City Stay: Enjoy 2 nights in Kathmandu and 2 nights in Pokhara in a centrally located premium 4- or 5-star hotel, with daily buffet breakfast included (based on the selected package).
- Trek Accommodation: 11 nights in the best available mountain lodges, including 8 nights in rooms with attached bathrooms. Hot showers are included daily throughout the trek.

## Meals & Drinks Included As Per Below

- Hygienic and delicious breakfasts in the city are included each day as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, offering self-choice options for a delightful and nourishing trekking experience.
- 5–6 cups of warm beverages, such as tea or hot lemon, will be provided daily to keep you cozy throughout your journey.
- We offer a warm welcome dinner with two options: you can either join dinner at our home with a Sherpa family, or you can choose to dine at a typical Nepali restaurant with a cultural dinner show.
- Safe drinking water (3–4 liters per day) and fresh fruit will be provided daily for your health and well-being.

## Staff Wages, Insurance & All Permits Included

- Your package includes fair wages and full insurance for your Sherpa guide and porter. We provide the highest daily pay and comprehensive insurance—because we believe those who make your journey unforgettable deserve the very best care and respect.
- Annapurna Conservation Area Project (ACAP) Permit fees as well as other local fees & Trekkers Information Management System (TIMS) Card fees
- Full-day Pokhara & Kathmandu city tours with a private guide and driver—an immersive experience to explore Nepal’s rich heritage and vibrant local life, all included in your package.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

## Experienced Sherpa Guides & Porters Included

- Our package includes highly experienced, responsible, honest, and friendly Sherpa guides. We provide a reliable Sherpa guide to accompany you throughout your entire trek. Your guide will be caring, trustworthy, and exceptionally friendly. As we are a 100% Sherpa-owned company, your guide will be a native Sherpa

from the Everest region.
- You'll be supported by hardworking, trustworthy porters (one porter for every two trekkers) who will carry your luggage and handle your belongings with the utmost care and honesty throughout the entire trek.

### Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle, and Walking pole.
- If you don't have your own warm sleeping bag and down jacket, we will provide them for you, which must be returned after the trek. Their rental value is around US$17–20 if rented from shops in Thamel.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for measuring oxygen saturation and heart rates.

### Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
- We offer free storage service for any extra luggage and provide assistance in obtaining a SIM card, as well as renting or buying necessary gears.
- We offer a complimentary Local Market Guiding Service for our valued clients interested in purchasing souvenirs at both wholesale and local prices.

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### 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, Water and deserts in Trek
- Gratitude for Sherpa Guide & Porter after end of trek

### Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation
- Your Personal Trekking Gears, which you can hire/ buy in Kathmnadu at reasonable price

## Vital Information

## Ethical Company

## Why Book your Annapurna Circuit Trek with Mountain Sherpa

# Trekking

## 01).Annapurna Circuit Trek with Our Expert Sherpa Team

Our entire team consists of 100% local Sherpa individuals hailing from the Everest region. Sherpas are renowned as elite mountaineers and experts in their local terrain, making them invaluable to early Himalayan explorers. Serving as guides at extreme altitudes, particularly for Mount Everest expeditions, they bring a wealth of knowledge and experience to our treks.

Our team includes highly professional, reliable, and seasoned climbing Sherpas. With four expert Sherpa guides for every group of ten trekkers, we ensure that all teams have the best possible support for a safe and successful journey. Employing experienced Sherpa guides means they handle everything, making your trip not only easy but also truly wonderful.

## 2). Supporting Our Community

At the core of our values is the belief in giving back to society. As a responsible Sherpa Company, we recognize the importance of supporting those in need, leading to the establishment of the Mountain Sherpa Foundation. Our foundation addresses basic needs and supports deprived people and low-income families in remote areas of Nepal.

Working directly with local communities, we aim to find lasting solutions to poverty and injustice. Our focus is on empowering poor individuals to enhance their lives and livelihoods. During the challenging times of the COVID-19 pandemic, we actively assisted our Sherpa guides, porters, and staff. In May 2020, Mr. Pasang Sherpa, the director of Mountain Sherpa Trekking, distributed relief packages to over 450 Sherpa trekking guides, porters, and climbing guides. Additionally, we supported the Trekking Agencies Association of Nepal (TAAN) in establishing a food bank for tourism workers.

Mountain Sherpa Trekking allocates up to 15% of its annual revenue to the Mountain Sherpa Foundation (MSF) Nepal's projects. These projects include regular maintenance of school buildings, providing suitable learning supplies for children in remote areas, and furnishing necessary medical equipment to health posts in the lower part of Everest, among other initiatives.

## 3). Quality Service matters during trek

At Mountain Sherpa Trekking, we prioritize your culinary preferences. Unlike other companies, our guides won't dictate your food choices; you have the freedom to select from the lodge menu as per your taste. We ensure you receive a variety of meals, avoiding the monotony of the same food every day. Our guides prioritize your comfort by providing quality lodge accommodation and ensuring you have access to hygienic and delicious food throughout your Annapurna Circuit trek. Your satisfaction is our priority for a successful and enjoyable journey.

# 4). Ethical and Responsible Treatment of our Porters:

Porters play a pivotal role in our treks, handling various challenges with lifting, preparing, and motivating. They are the foundation of our company, inspiring Pasang Sherpa to establish Mountain Sherpa Trekking & Expeditions. Having started as a porter himself, Pasang comprehends their needs profoundly. We are committed to ensuring a better life for every staff member. As a Sherpa company, we offer the highest salaries to our Sherpa guides and porters in Nepal, furnishing them with all necessary gear, including warm clothes and proper hiking shoes for high-altitude treks, along with lodging.

Additionally, we contribute to their families by supporting village schools, providing school materials for their children, and supplying medicine to health clinics in their villages

## 7 reasons Why You Should Trek with Our Sherpa Guide

1. **Professionalism and Integrity:** Our Sherpa guides act with honesty, fairness, and professionalism. They are punctual, reliable, honest, possess a good sense of humor, and are friendly and caring.
2. **Patience:** Especially crucial for slower trekkers, our guides exhibit exceptional patience, ensuring a successful and enjoyable trip in the challenging terrains of the Himalayas.
3. **Accommodation and Food Quality:** Our guides prioritize your comfort by securing good-quality lodge accommodations and ensuring access to hygienic food, vital for a successful trekking experience.
4. **Certified and Top-notch:** Government-certified, our Sherpa guides are among the best, ensuring a high level of expertise and knowledge.
5. **Duty of Care:** Our guides understand their duty of care to guests and exercise it diligently, prioritizing your safety and well-being.
6. **Acclimatization:** Ensuring your safety, our guides take measures to properly acclimatize your party in the Himalayas before ascending to higher altitudes.
7. **Flexibility:** In the face of unexpected issues, our Sherpa guides are flexible, adapting to challenges to ensure a smooth and enjoyable trekking experience.

## Hotels & Foods

Our Annapurna Circuit trek package ensures a delightful stay with 3 Nights in deluxe accommodations in Kathmandu and a comfortable night in a luxurious hotel in Pokhara post-trek. Recognizing the significance of accommodation in trip planning, we've meticulously chosen hotels that are clean, well-located, and offer value for money. The selected 5-star hotels provide a range of excellent services and modern amenities, ensuring a serene atmosphere, privacy, and attentive service. Treat yourself to a spa day at our 5-star Kathmandu hotel post-trek, or enjoy relaxation in a tranquil garden resort. With two distinct package options, book your dream trek with a local Sherpa expert for exceptional service and an unforgettable holiday experience.

# Explore the Annapurna Circuit with our customizable trek packages:

### 4-Star Hotel Package: $1970 USD Per Person

- 3 nights in a comfortable 3-star hotel in Kathmandu
- 1 night in Pokhara at 3 star category hotel

Other services as outlined in the itinerary

### 5-Star Hotel Package: $2270 USD Per Person

- 3 nights in a luxurious 5-star hotel in Kathmandu
- 1 night in Pokhara at luxury 5 Star hotel

Other services as outlined in the itinerary

Experience the best of accommodations and services tailored to your preference. Choose the package that suits your trekking adventure.

## Choose your accommodation preferences:

## 3-Star Hotel Package Options:

## Kathmandu:

1. Sampada Garden Hotel: Peaceful Lazimpat area, 15-20 min walk from Thamel.
2. Mandala Boutique Hotel: Located at Chhetrapati, a 3-5 min walk from Thamel.

## Pokhara:

1. Hotel City Inn
2. Hotel Splendid View & Spa

(All situated in the lakeside area with clean rooms and friendly staff)

# 5-Star Hotel Package Options:

## Kathmandu:

1. Marriott Kathmandu: Located at Naxal, blending modern design with local creativity.
2. Yak and Yeti Hotel: Centrally located luxury 5-star hotel.

## Pokhara:

1. Fishtail Lodge: Unique location on a peninsula across Fewa Lake.
2. Temple Tree Resort & Spa: Nestled close to Fewa Lake, framed by the Annapurna Mountain Range.

Experience comfort and luxury tailored to your choice.

# Comfortable Lodge Accommodations on Your Annapurna Circuit Trek

- Enjoy 9 nights in the best mountain lodges with cozy rooms.
- For 7 nights, benefit from attached toilets and bathrooms with hot showers.
- Twin-bed rooms with mattresses, pillows, and blankets for your comfort.
- The communal area is heated in the evenings for dining and relaxation.
- Lodges are welcoming, offering opportunities to meet fellow trekkers.
- Most lodges provide books, some have phones, and hot showers are available.

# What to Expect in Your Meals During the Trek:

## Morning Breakfast (7:00-8:00 AM):

- Tea or Coffee (varieties like hot chocolate, lemon tea, hot milk, or green tea)
- Eggs (options include fried eggs, boiled eggs, scrambled eggs, omelet)
- Bread items (toast, pancakes, chapati, Tibetan bread)
- Porridge with honey

## Afternoon Lunch (12:30-1:00 PM):

- Nepal Dal Bhat
- Curry with rice
- Pasta or noodles items
- Fried rice, fried potatoes, momo (dumplings)

## Evening Dinner (6:00-8:30 PM):

- Garlic soup, local stew, vegetable soup, mixed soup, potato soup
- Dal Bhat Tarkari (lentil soup with rice and vegetable curry)
- Fried potatoes with vegetables, momo, fried noodles, pasta, mashed potatoes with cheese, etc.

**Note:** Mountain Sherpa Trekking offers a unique experience as you have the freedom to choose from the lodge menu according to your taste. Unlike most companies, our guides won't control the food menu during your trek in Nepal. Sufficient meals are included in the trip price.

## Drinking-Water during Annapurna Circuit Trek

You can find safe drinking water stations at most places along the Annapurna Circuit trekking route. Where, you can purchase safe drinking water for a price ranging from Rs. 50 to Rs. 150, depending on the location. please bring a water bottle to fill at these stations or you can also buy water bottle in Kathmandu . In areas where safe drinking water stations are not available, you can purchase bottled mineral water.

# Transportation

## Kathmandu to Besisahar by Private Car

The journey from Kathmandu to Besi Sahar takes approximately 5-6 hours, covering a distance of about 190 kilometers. When you choose a trek with Mountain Sherpa Trekking, you'll travel in a small private vehicle, ensuring comfort and safety. Our private vehicles come with experienced drivers, allowing you the flexibility to request stops at your convenience. The advantage of a private vehicle is its ability to navigate through traffic more efficiently than larger buses. Our professional drivers ensure you can fully enjoy and relax during your trek in Nepal.

# Jeep from Besisahar to Chame:

We embark on a scenic jeep journey from Besisahar to Chame, a drive that lasts approximately 6-7 hours. The route is adorned with breathtaking landscapes, featuring waterfalls, quaint villages, and towns along the way. The off-road adventure adds an extra element of excitement to this picturesque drive.

# Jomsom-Pokhara flight:

After concluding our trek in Jomsom, we embark on a flight back to Pokhara, and this Jomsom to Pokhara flight is included in our package.

Jomsom, known as Dzong-Sampa in Nepali, translating to "new fort," is a captivating town nestled at an elevation of around 2700 meters in the Mustang District of Nepal. Straddling both banks of the Kali Gandaki River, the riverbanks reveal black rocks or stones known as shaligram in Hindu culture, revered as a manifestation of God Vishnu. These stones, unique to the Kali Gandaki River, hold great significance in Hindu traditions, adding a touch of holiness to the area.

Set against the majestic backdrop of the towering peaks of Dhaulagiri and Nilgiri, Jomsom serves as the district headquarters, playing dual roles as an administrative and commercial hub. The town is a bustling mix of government officials, merchants, and the local Thakali residents. The Nepalese Army maintains a presence here, contributing to the town's vibrancy. Jomsom Airport, conveniently located nearby, facilitates regular flights, connecting this picturesque town to broader horizons.

# Pokhara-Kathmandu Flight:

Our **Annapurna Circuit trek** package includes a scenic flight from Pokhara to Kathmandu. While the distance between Kathmandu and Pokhara might not seem considerable (just 126 miles / 204 km), the challenging Nepali landscape and road conditions make a road trip lengthy. To enhance your travel experience, we highly recommend choosing a quick and comfortable flight over a prolonged drive.

Flying proves to be the swiftest and most convenient mode of transportation between Kathmandu and Pokhara, especially for those with time constraints seeking a comfortable journey. Numerous daily flights depart from Tribhuvan Airport's domestic terminal, covering the distance in about 25 minutes. The flight provides spectacular views, particularly from the left side of the plane, offering glimpses of the Himalayas. Opting for a flight ensures you arrive with enthusiasm and still have ample time for activities on the same day, a luxury not afforded by overland travel.

Pokhara, our final destination, is a captivating city adorned with beautiful lakes and breathtaking panoramic views, including the iconic Fishtail Mountain set against the backdrop of the Majestic Himalayas. Situated at an altitude of 827 meters above sea level and 200 km west of Kathmandu, Pokhara stands as one of the country's most sought-after tourist destinations, celebrated for its natural beauty.

Travel insurance

## Altitude Sickness Awareness:

Embarking on a trek to high altitudes without allowing your body to acclimate properly can lead to altitude sickness, marked by symptoms like headaches and nausea. Returning to a lower elevation often alleviates these symptoms without requiring specific treatment. However, in severe cases, altitude sickness can pose life-threatening risks.

As we ascend to elevations ranging from 14000 to 17,770 feet above sea level during the Annapurna Circuit trek, acclimatization becomes crucial due to the diminishing oxygen levels. Symptoms may manifest if the body isn't given sufficient time to adjust to the reduced oxygen at higher altitudes. Even if you're in excellent physical condition, altitude sickness can affect you.

The Mountain Sherpa Annapurna Circuit trek itinerary is meticulously crafted to minimize the risk of altitude sickness. Through years of experience, we've developed an optimal itinerary that facilitates acclimatization. Our trek plan is entirely flexible and can be adjusted on the spot as needed.

It's essential to recognize that trekking in the Himalayas is not a race. Regardless of your fitness level, ascending too rapidly can result in altitude sickness. Taking it slow allows your body the necessary time to acclimate to the mountain environment. Keep in mind that during the acclimatization process, you may encounter some of the following symptoms.

- Tiredness
- Minor Headache
- Troubled sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

People acclimatize at varying rates, and it's crucial to take your time and stay hydrated. Experiencing symptoms of Acute Mountain Sickness (A.M.S.) doesn't necessarily mean you should stop, as these symptoms may not always indicate its onset. Our Sherpa guides, equipped with extensive first aid training, are there to assist, and we encourage you to communicate any concerns promptly for efficient monitoring.

Remember, this is your holiday, and stressing about the possibility of mountain sickness isn't ideal. Move at a comfortable pace, stay hydrated, and savor the Himalayan views. In case of any illness, inform your guide promptly – it's essential to note that your guide holds ultimate responsibility and may suggest descending if

symptoms persist.

## Travel insurance:

Having travel insurance is crucial for any trip, and it becomes especially significant when engaging in activities like high-altitude trekking in remote areas where immediate medical assistance may not be readily available. The assurance of having the right insurance coverage adds peace of mind to your adventure, ensuring that you're prepared for unforeseen circumstances. This encompasses a range of potential issues, including medical emergencies, trip cancellation, trip interruption, delays, or even situations like lost or stolen luggage and the need for a helicopter rescue in the mountains.

Securing travel insurance before embarking on your journey is highly advisable. It provides a safety net, ensuring that in the rare event of an incident, you won't be burdened with significant financial losses. Mountain Sherpa Trekking facilitates this process by providing a letter and your invoice, supporting your insurance claim submission and expediting the processing.

For more detailed information and recommendations on the best travel insurance companies, please visit this link. **Nepal Travel Insurance**

# Packing List

## Annapurna Circuit Trek Packing List

Use the following checklist to ensure you have everything you need for the Annapurna Circuit Trek. It's essential to aim for minimal weight in your equipment, with the packed weight of your kit bag while trekking not exceeding 15 KG/33Lbs. Keep in mind that this gear list serves as a guide, and while the listed items are essential, you have the flexibility to choose your preferred brands based on your experience. You can also find trekking gear and clothing at reasonable prices in stores in Thamel, Kathmandu.

## YOU MUST BRING THE FOLLOWING ITEMS:

## Upper Body - Head / Ears / Eyes

1. Sun hat
2. Headlamp with Fresh Batteries
3. Wool or synthetic hat that covers the ears
4. Sunglasses with UV protection
5. Neck gaiter or bandana (for sun protection)
6. Face Masks

7. Sun protection (including total bloc for lips, nose, etc.

## Hand

1. Fleece/Wool Gloves
2. Glove Liners
3. Heavier shell glove

## Core Body

1. Base layer shirts
2. Moisture-wicking long-sleeve t-shirts (1)
3. Moisture-wicking short-sleeve t-shirt (optional)
4. Fleece jacket or warm windproof jacket with hood
5. Synthetic sports bras (for women)
6. Insulated Warm jacket
7. Underwear (4-5 pairs)
8. Sleeping bag (comfort rated –10ºC)*

## Lower Body – Legs

1. Hiking Pants (Convertible, Quick-Dry, Lightweight) 1-2
2. Warm hiking pants with waterproof Windproof and breathable
3. Rain Pants (Lightweight, Waterproof, Breathable)- optional
4. Gaiters (needed Dec-Feb)
5. Long underwear

## Feet

1. Hiking boots with ankle support recommend
2. Camp shoes or tennis shoes for lodge
3. Hiking Socks (Synthetic or Wool) 5-7 pairs recommended

# Food & Snacks

- Snacks (combine protein & carbs for well-balanced energy)
- Thermos (optional for hot beverages)
- Re-hydration gels or powder

# Toiletries

1. Sunscreen, Lip balm with sunscreen
2. Toilet Paper
3. Soap
4. Deodorant
5. Toothbrush/toothpaste
6. Razor (as needed)
7. Shampoo
8. Wet wipes
9. Hand sanitizer
10. Feminine hygiene products (as needed)
11. Face lotion
12. Hairbrush
13. Hair ties

# Other necessary important items:

- Passport and extra passport size photos (2-4 copies)
- Visa (these are easy to attain when you land in Kathmandu—bring $30 (15 Days) or $50 (30 Days) USD for Visa Application
- Money ($200-300 cash is suggested—while there are occasional ATMs on the trail, they are almost always out of order)
- Travel insurance- most recommended
- Airline tickets (Please make a copy and leave one at our office in KTM just in case if you need to change the date of yours)

- Durable wallet/pouch for travel documents, money & passport
- Water bottles 1 Liter x 2 (we encourage re-filling water bottles rather than single-use plastic)
- Water purification Iodine tablets
- Toilet paper (you can buy this in the lodges
- Travel towel
- Small padlock (to lock your kit bag)
- Antibacterial handwash

## Additional Supplies:

1. Portable solar charger/power bank
2. Book
3. Journal/pen
4. Playing cards

**Basic First Aid Kit including** antiseptic cream, throat lozenges, diarrhea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea

## THE FOLLOWING ITEMS ARE OPTIONAL:

1. Trekking poles – if you don't have poles, We can provide you complimentary trekking.
2. Sleeping bag liner
3. Pillowcase, Scarf, or buff
4. Swimwear (for the hotel pool in Kathmandu)
5. Earplugs (particularly if you are not the one snoring)
6. Travel clothes
7. Camera
8. Pen-knife (remember to pack sharp objects in hold baggage)
9. Repair kit – (eg. needle, thread, duct tape)
10. Reusable cloth bag for shopping (to avoid plastic bags)

# Note:

The Nepalese are still traditional and conservative in the way they dress. Hence to avoid discomfiture on both sides we advise that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach just above the knee and be modest and for women, it is better to wear trousers or a long skirt.

# Additional info:

As you pack for Annapurna Circuit Trek, remember that your gear will be separated into two packs: your daypack that you will carry each day as you trek, and your duffle bag which will be carried between tea houses by porters. All extra baggage (non- trekking items) can be stored at the hotel before you start your trek. We provide you with a free duffel bag in Kathmandu. You can use it to pack your essential trekking equipment. We provide one-porter services for two people. Porters will carry up to 25 kg - 30 Kg or 55-66 pounds of your personal items. This must include your sleeping bag and down jackets. Therefore your duffel bag should not weigh more than 12 kg-15 kg or 26 pounds to 33 pounds.

# INSIDE YOUR DAYPACKS:

Daypacks can be any size for hiking, but we always recommend the smaller, the better. Around the 25l to 30l size is good for the upper mustang trek. You need to carry your own backpack (with a waterproof cover) where you can carry your daily needed items in your own backpack. For instance: Water bottle, Extra money for drinks, souvenirs & tips, sunhat, camera, important documents, toiletries, sunscreen, hand sanitizer, rain gear, music (iPhone), etc.

If you don’t have your own down jacket & sleeping bag, don’t worry. We will provide you with 4-season sleeping bags and a good down jacket with a hood for complementary use. Good quality sleeping bag and down jacket are most important for high altitude treks.

# FAQS

**How Fit Do I Need to Be to Do the Annapurna Circuit Trek**

Annapurna circuit trek is suggested for people who are practically fit for a high-altitude trek. This is not a very challenging trek. However, quite a hard trek since it engages with a 5,416-meter high Throng la pass. We recommend you to do some physical fitness programs such as running, swimming, hiking before embarking on your journey. Because of ascents and descents walking, the Annapurna circuit 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 a deluxe room at best 3 star/5 star category hotels in Kathmandu and Pokhara with a healthy 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 bonfire. 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 circuit trails cook a delicious range of mostly vegetarian foods. Pasta, spring rolls, noodles, potatoes, eggs, Dal 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 coffee, 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 your destination.

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

Definitely 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 circuit trek** teahouses/lodges have hot shower facilities. In some places bucket, warm water will be provided on request and payable. In some places, hot showers cost extra about the US $2-3 per person. However, the showers are not to the Western standard in the high mountain areas.

**Is Mountain Sherpa trekking staff insured**

Yes, of course, **Mountain Sherpa Trekking** insures all our trekking staff members, including guides, cooks, Sherpas, and porters. We do provide them with quality clothes. Hence, we are totally different than other companies. We are a 100% local Sherpa-owned Company. We do care for our staff very well and support society as much as we can.

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

We ask that you keep the weight of your trek bag maximum of 15 Kg/33.07 lb. Usually, we provide 1 porter for 2 clients. However, if you need an extra private porter, we can also organize you, private porter.

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

The hotel we use in Kathmandu has a securely locked room where they store clients’ extra belongings in a safe way. So, you can leave your extra things in Hotel safely or you can also leave your belongings at our office.

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

Whilst on the trek, our porter will take care of your luggage. All you need to carry is your small day bag for your personal belongings like a camera, water bottle, sun cream, etc only. Yes, we do provide you duffle bags

**Are solo female travelers safe on Annapurna Circuit trek**

We ensure the travel safety of all our trekking guests, both male and female. Nepal, on the whole, is both very safe and welcoming of foreign visitors. We have longstanding, strong relationships with the lodges we frequent, and know them to be safe and reliable. In addition, our guides are consistently mindful of all guests' whereabouts while trekking. We travel in small groups, all the better to easily maintain continual contact.

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

Once you have confirmed your booking, an advance deposit of 25% of the "total trip Package" is required for 100% Confirmation. The deposit can be paid online or by bank Wire transfer. This advance booking deposit helps us to make 100% confirm reservations of Hotels in the City, domestic flights, and all other trip arrangements.

Once you have made the advance booking payment, we will send you an advance booking payment invoice and booking confirmation e-mail. The remaining trek balance needs to be paid in Kathmandu on your arrival day. Please note that the trek deposit is non-refundable. However, you may postpone your travel date if in case required. **Your deposit expires after 3 Years only. You can travel on any date within 3 years.**

**What is your success rate for crossing Thorong-La Pass 5416 Meters Or 17770 Ft.**

We boast a 100% success rate to date on our **Annapurna Circuit trek,** this is achieved because of our highly experienced local Sherpa guides & staff. We are a 100% local Sherpa-owned and operated Company in Nepal. Our entire guides & staff are 100% Local Sherpa people. “Sherpa’s are highly regarded as elite mountaineers and experts in their local area. They were immeasurably valuable to early explorers of the Himalayan region, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mount Everest”

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

If you have more questions, do not hesitate to contact us. You can e-mail us or you can call us or message us anytime by WhatsApp /Skype. See the **message us button** on the website lower-left corner. Or just send an e-mail at: info@mountainsherpatrekking.com (**We'll get back** to **you within** 24 **hours)**

**Why book this trek with Mountain Sherpa Trekking & Expedition?**

**Here are the top 7 reasons to book your Annapurna Circuit Trek with Mountain Sherpa Trekking**

**01**. Over 22 years of experience

**02.** Reliable and honest Local Sherpa guide

**03**. Expert Sherpa family own company

**04.** Flexible itinerary with an all-inclusive package

**05**. Clean accommodation and hygienic meals

**06**. Best Service and Price guarantee

**07.** Giving back to society