

# Annapurna circuit trek

## 3 Star Hotel Package

**1499**<sup>USD</sup>  
per person

\*Including healthy meals

## 5 Star Hotel Package

**1709**<sup>USD</sup>  
per person

\*Including healthy meals

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

**Trip Difficulty:** challenging



**Annapurna Circuit Trek** is one of the most popular trekking routes in the entire world. It is termed as the Classic Himalayan Trek, which provides the beautiful and amazing views of peaks like Annapurna, Dhaulagiri, Machhapuchhre, Lamjung, Manaslu, and Tukucho. You will be able to witness some of the high mountains, different climatic zones, frozen lakes, ancient caves, centuries-old monasteries and some unique and beautiful local culture of Nepali peoples.

Hiking around Annapurna circuit provides you unforgettable memories for a lifetime of the highland of the Himalayas covered with beautiful white snowflakes. The highest point of this Annapurna Circuit trek is at 5416 m/17769 ft at Thorung La Pass. It is one of the highly praised and incredible trekking routes in the Annapurna region because of the diverse landscape and natural scenery on its trail. Also, Annapurna Circuit trek takes you to three different region of Nepal known as Manang, Jomsom and Muktinath giving you a glimpse of unique and diverse Nepalese culture and landscape.

Furthermore, this Annapurna circuit trek route passes through a series of Nepalese settlement giving you glimpse of some of the unique and varied cultures of ethnic groups such as Gurungs, Magars, Tamang, Thakali and many more. Also, because of the geographical variations this trekking region is home to some of the beautiful wildlife's. If you are looking less difficult than Annapurna Circuit, you can sign up our Annapurna Sanctuary Trek, which is 14 days moderate trek in the Annapurna region.

## HIGHLIGHTS

- **Hike** through the first & largest conservation area in Nepal packed with rich landscapes, beautiful valley, magnificent vistas & stunning lake.
- **Walk** through the most beautiful and scenic valley of Nepal to witness soaring peaks and sparkling glaciers and waterfalls
- **Admire** the most beautiful town of Nepal Manang and hike to famous Gangapurna lake, Ice lake to get well acclimatized for high attitude
- **Watch** for Himalayan Tahr, Snow Leopard, Himalayan Monal, Musk Deer, among many other noteworthy wildlife

DURATION: 15 days

## Trip Facts

### Arrival City

- Kathmandu, Nepal

### Departure City

- Kathmandu, Nepal

### Trek Region

- Gandaki Zone, Nepal

### Trip Style

- Cultural Tour  
- Trekking & Hiking

### Maximum Altitude

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

### Trip Durations

- 14 Nights/15 Days

**Group Size**

- Minimum 1 People to
- Maximum 12 People

**Accommodations**

- Hotel in City
- Lodge during Trek

**Meals**

- Daily Breakfasts In City
- Breakfast, Lunch & Dinner
- During Whole Trek

**Service Level**

- Reliable & friendly
- Authentic sherpa guide
- Clean Hotel and Lodge

**Fitness Level**

- Reasonable Fitness
- Per Day Walk: 5-8 Hours
- Walk & Run For Preparation

**Best Time to Travel**

- Autumn: September- December
- Spring : February-May

## ITINERARY

**Day 01:: Arrival in Kathmandu and transfer to hotel.**

The view of amazing Himalayan vistas nearby the Kathmandu city covered with white snow will give you the first vibes of your upcoming trekking trip from the sky itself. The sights 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 started holiday, glimmering off a whole reaction of extraordinary experiences that stay with us for some time to come. Our Guide and Driver will be waiting to receive you at the outside of airport gate and will pick us up from the airport and take us to our hotel. Once you check in Hotel and get refreshed. You can discover around the area and get familiar with your surroundings in your free time. Or you may take rest after long flight. In the evening we will meet our senior trek guide who will brief the group about details related to our trek.

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

Today after having healthy buffet breakfast at our Hotel we drive westwards to the start of the trek, escorted by our expert Sherpa guide and team. After 3 hours or so, we reach at the settlement of Mugling and stop for an early lunch at a roadside restaurant. Shortly after leaving Mugling, we get the small town of Dumre, beside the Marsyangdi River. After approximately 6 hours lovely scenic drive (185 km) from Kathmandu, we reach Besisahar. On arrival at Besisahar, we will see some spectacular snow-capped mountain view of the Lamjung Himal. Alternatively, we can drive up to Ngadi village same day by local Jeep **Meals Included:** Breakfast, Lunch, Dinner

**Day 03:: Drive to Syange by Jeep -Trek to Chamje (1410M/4626ft) - Approx. 4/5 hrs- Lodge [B/L/D]**

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

After breakfast, we drive to Syange by jeep from Besisahar. It takes about 1:30-2:00 hours drive from Besisahar to syange on off road. We then we start our first day trek to Chamje. On the way, we can see a large waterfall (season permitting). We keep on hike on the bank of river to the stone village of Jagat before ascending through lush forest to Chamje at 1,410m. We cross the river on a long suspension bridge before climbing to our overnight accommodation at chamje.

**Day 04:: 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)

Our day begins through a beautiful rough trail following the Marsyangdi Rivers gradually uphill to Tal at 1,675m after breakfast. It is the first village in Manang region. Here the landscape levels for a short part and the raging river slows to a lake-like appearance. Beyond Tal, the way crosses the river again and continues for 4 km to Dharapani village.

We come within entry of typical Tibetan influenced villages. We can witness typical flat-roofed stone houses of local Tibetans along with the village encircled by apple orchards and maize fields once we reach **Dharapani (1,960m/6,430ft)**.

**Day 05:: 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, we continue to climb through forests of pine and oak. The valley now turns towards the west, as we trek across the exciting Buddhist settlement of Bagar Chap. During the trek we can admire wonderful views of the Himalayas including Lamjung Himal, Annapurna II, and Annapurna IV (7,525m/24,688ft). Manaslu is visible behind us and Annapurna comes occasionally into view to the south. Even during today's walk we will be obliged to follow sections of the new road, as we pass through forested areas and stop off to check out several small settlements en route to our overnight stopping place at Chame (2713m). This is the governmental center of this province, with shops, a bank and a school, as well as views of the Annapurna's.

**Day 06:: 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 start our lovely trekking day after the delightful breakfast. Today we cross the Marsyangdi numerous times, in a steep gorge part of the river. The path is sometimes built into the Cliffside on timber piers. Ascending throughout a forested ridge beyond Bratang, we reach a more open valley with some grassland, where we cross the river to its north bank, to reach the terraced fields of Upper Pisang (3300m). We have wonderful views of the north side of Annapurna 2.

**Day 07:: Trek from Upper Pisang to Manang (3440m/11287ft) - 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's hike will take us even further away from the valley floor and up onto its north hills, through the fascinating villages of Ghyaru (3720m) and Ngawal (3680m). The main Annapurna Circuit trail follows the river in the valley floor but the views of the Annapurna's from this great level trail are just spectacular and this, together with the mesmerizing houses and monasteries of the lonely settlements that we will see, makes the extra power involved in walking this trail very worthy. Plus, it's great for our acclimatization. From Ngawal we descend to the valley and rejoin the main Annapurna Circuit trail at Braga, from where we have a mostly level hike for roughly 4km to get Manang (3540m).

**Day 08:: Rest/Acclimatization in Manang- (3440m/11287ft) Approx. 4/5hrs hiking - Lodge [B/L/D]**

**Today we Hike about 500- 600 meters above Manang and sleep Manang at 3540m/11600ft for Well acclimatizations**

We rest at Manang today after the long treks in the past few days accompanied by fine day walks over viewing the panoramic views of the villages. We spend our day acclimatizing in Manang. It is necessary for our body because we've got some harsh heights to overcome in the days ahead. We spend the whole day doing some beautiful walks and viewing the splendid sights around the village.

In order to keep fit on the trails that follow, our **Expert Sherpa Guide** will keep ourselves busy today with a short hike to either Bhojo Gumba or Gangapurna Lake. If we have the energy, we can even trek to Vraga Village where we can visit the Himalayan Rescue Association, which will give us some idea about Acute Mountain Sickness (AMS). We return to our accommodation for a night's rest at the end of the day.

**Day 09:: 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)

After Fully acclimatized, we advance towards Thorung La. On the way, we cross a stream, climb to Tengi, 120 meters above Manang and ascend further past Marshyangdi Valley turning north-west up the valley of the Jarsang Khola. Amid the stunning vistas of Annapurna mountain range, we trek beyond the lush flora of scrub juniper and alpine grasses to reach the tiny settlement of Gunsang. Gunsang is a cluster of flat mud roofs just below the trail at 3960 meters. Along the way, we see some lodges. As we approach pretty meadows and rich forests of barberry, juniper etc, we encounter horses and yaks grazing. The path takes us further along a large stream that flows from Chulu West and Gundang, and leads to a rich pasture at 4000 meters. Overnight stay at Yak Kharka.

**Day 10:: 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.)

After breakfast, we start our hike from Yak Kharka to Thorang Phedi. After walking for some time we cross a suspension bridge and reach Ledar village. This is the first settlement we get after a steady hike from Yak Kharka. We ascend furthermore and pass through overlooking cliffs before reaching Thorang Phedi, the last settlement before Thorong La pass. On this trip we are rewarded with one of the finest views of Mt. Gundang, Mt. Syagang, Thorung Peak and Mt. Khatungkan. The word Phedi in Nepalese is meant to as the foot of a foothill.

**Day 11:: 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.)

We'll begin to walk from Phedi around at 4am today in order to get the pass before 10am. It's always good ideas to start early in the morning in order to escape unfavorable weather conditions. Since we are 5,416m up at this point, the strong winds later in the day can be hazardous! The trail is steep but well trodden, as the local folks have used this trail for hundreds of years. As we continue, the gradient eases, and after around 4 hours of stable ascending, we get the chorten and prayer flags of this high pass.

The views up here are just outstanding: from the snow covered mountains above to the head of the Kali Gandaki valley below, and the brown and purple hills of Mustang which extends out before us is a masterpiece of natural geography made by God as a gift to the world and its people.

Descending from the pass is pretty straightforward, but difficult on the knees but it's compensated for with lovely views of Dhaulagiri. It is about three hours (and 1600 meters) down to the holy village of Muktinath, with excellent views of Dhaulagiri, Tukuhe Peak and Nilgiri. Muktinath is a well-known pilgrimage site for Hindus.

**Day 12:: Trek from Muktinath to Jomsom [2750m/9023ft] - Approx. 5/6 hrs- Lodge [ B/L/D]**

**Approx. Walking:**(5 to 6 hours). **Approx. Distance:** 13 Km **Highest Altitude:** Jomsom (2750m/9023ft)

An outstanding hike from Muktinath to Jomsom, through dramatic and awe inspiring sceneries. The trail first heads west past some antique villages set among the backdrop of the Tibetan plateau, before turning south down the great Kali Gandaki Valley, with Annapurna and Dhaulagiri towering above us, the deepest gorge in the world. Some parts of todays trek are near the newly developed road that now links Jomson with Muktinath, but we will do our best to escape the vehicles and stay focused on the dramatic views towards Mustang and the Tibetan plateau to the north.

**Day 13:: Fly to Pokhara. Afternoon free to wander nearby the market streets of 'Lakeside'.- Hotel [B/B]**

We take the small and thrilling internal flight to Pokhara. **(Please note** that if, for any reason, the flight is cancelled, we are assisted to travel from Jomsom to Pokhara by road. This is a long drive of as much as 10 hours on poor

roads, but does offer an insight into the amazing valley of the Kali Gandaki).

Assuming we have flown, we can check in at our comfortable hotel close to Phewa Tal in time for lunch. The afternoon is then free to walk by the lake, to browse the bazaar, or to simply sit in the garden of one of the exceptional lakeside restaurants and admire the view of the Annapurna's and the spectacular 'Fishtail' peak of Machhapuchhre.

#### **Day 14:: Early morning flight to Kathmandu, Half day sightseeing Kathmandu- Hotel [B/B]**

We proceed to the airport for our flight to Kathmandu after a good night sleep and a hearty breakfast. On touching down at the local terminal, we get onto our waiting vehicle and head down to our hotel where we check in, sort out our luggage, rest a bit and then proceed for a half day historical tour of famous **Boudhanath Stupa** (said to be the largest in the world) and a significant center of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos).

We next drive down to **Swayambhunath** [popularly known as Monkey Temple] "Swayambhu" means "self-created" and refers to the myth that the hill sprung up suddenly from a great lake that once covered Kathmandu Valley. On conclusion of our tour, we head back to our hotel and the rest of your day is free to do your things.

#### **Day 15:: Drive to the Airport to head back to that lovely place we call 'home'**

After breakfast, our guide and office vehicle will be on standby at our hotel to transfer you to the airport for your flight back home. Serving you was an incredible joy and pleasure, we at **Mountain Sherpa Trekking and Expeditions** will cherish the bonds of our relationship created over the time you spent with us, and we thank you for choosing us as your travel partner and for visiting this fantastic country Nepal. We expect that the Annapurna circuit trek will give you lifetime memories of vacation and is worth its weight in gold. Adios friends! Till we meet again.

**Please Note:** Although we try to follow the itinerary given above, at times local trail or weather conditions may necessitate slight changes if necessary. The trekking itinerary may also vary slightly depending on our trekkers' acclimatization rates. This adventure goes into wild territory above the timberline, so we seek to request maximum flexibility if and when required for the safety of your trip and your life. Thank you so much for your understanding.

## **Cost Includes**

### **Transports & Accommodations**

- Private Transfers upon arrival and departure
- Kathmandu-Besisahar by private car
- 3 Night hotels in city as specified in Itinerary
- 11 nights local lodge accommodations during trek
- Jomsom-Pokhara & Pokhara-Kathmandu flight

### **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
- Fully boiled Safe drinking Water ( Per day 4 liters Per person)

## **Gear & Equipment**

- Complimentary T-shirt, Water bottle and walking pole
- 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

## **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
- Local transportation fees
- Annapurna Conservation Area (ACAP) Permit & TIMS fees
- Half day Cultural tour in city including guide and driver
- Entrance fees to historic sites, temples and monuments

## **Additional Service**

- We help you, if an airline loses your luggage, or delayed
  - International flight ticket Reconfirmation service if required
  - We help to buy/hire trekking gears at local price if required
  - We are happy to show you around local areas, recommend to eat, drink etc
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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
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## Vital Information

### Nepal Visa

#### Visa on Arrival:

A tourist visa can be obtained on arrival at Tribhuvan International Airport, Kathmandu. The current fee for a multiple-entry visa valid for **15 days is USD \$30**. A multiple-entry visa valid for **30 days is USD \$50**. All fees are subject to change without notice and must be paid in cash in U.S. dollars. Carrying two passport-size photos is also recommended.

'On Arrival' visa procedure is very quick and simple. You can expect some queues during peak Tourist season. If you wish to skip those queues, you can also consider getting Visa from Nepalese Diplomatic Missions stationed abroad prior to your arrival. Choice is yours.

Once you arrive at the airport, please follow these simple procedures for Tourist Visa on Arrival.

### 1st Step

Fill in ' Arrival Card '

Fill in Online [Tourist Visa form](#) (you can fill it up prior to your arrival visiting official website of Department of Immigration / fill it up using Kiosk machines upon your arrival at the airport). If you fill it from the website, you will get submission Receipt with barcode, please print it out and bring it along for acquiring visa. It works for fifteen days and becomes invalid then after. If so, you will have to fill it up again.

### 2nd Step

Make payment at the bank according to your visa requirement (15/30/90 Days) Get the receipt

While you can use different modes of payments (at visa fees collection counter), we advise you to carry some cash to be on the safe side.

### 3rd Step

Proceed to the Immigration Desk with your online form, payment receipts and your passport. Hand in your documents to immigration officer for visa processing. He/she issues visa to you upon his/her satisfaction.

## On Arrival Visa Fee

15 Days – 30 USD

30 Days – 50 USD

90 Days – 125 USD

## CASH & CREDIT CARDS:

Nepal: Cash transactions can generally be made in either U.S. dollars or local currency. U.S.dollars should be recently issued bills in smaller denominations. Major credit cards are accepted mainly in the larger shops, hotels and tourist category restaurants. Access to ATM machines is available in bigger city like Kathmandu & Pokhara but limited in rural areas.

## Hotels & Foods

This trek includes 2 **Nights Deluxe accommodations** in Kathmandu and 1night at a comfortable and luxurious hotel in Pokhara at the end of trek.As we know, the best accommodation is a crucial part of your trip planning, our hand selected best hotel accommodations are clean, in a good location and gives you value for your money. Our selected luxury 5 star hotels provide a wide array of excellent services and modern amenities. Our handpicked hotels offer a peaceful and relaxed atmosphere, privacy when preferred and attentive service. You can treat yourself to a relaxing spa day at our 5-star hotel in Kathmandu after your trek. Or rest and relaxed in a tranquil and peaceful garden resort. We have two different package options available as outlined below.Book your prefect dream holiday trek package with local Sherpa expert and get exceptional service.

- [Our 3 Star Hotel Package start from \\$1499 USD Per Person only](#)
- [Our 5 Star Hotel Package start from \\$1709 USD Per Person only](#)

### KATHMANDU 3 STAR HOTEL PACKAGE OPTIONS:

1. [Sampada Garden Hotel](#)- Located at peaceful area Lazimpat, Katmandu. 15-20 minute walk from Thamel.
2. [Mandala Boutique Hotel](#) - This Hotel is located at Chhetrapati, just 3-5 minute walk from Thamel

### POKHARA 3 STAR HOTEL PACKAGE OPTIONS:

- **Hotel City inn:** This hotel is situated in the heart of lakeside area in Pokhara.

if you select our 5 star package options then we accommodate you following 5 star **Premiere Hotels.**



### KATHMANDU 5 STAR HOTEL PACKAGE OPTIONS:

1. **Marriott Kathmandu** - Located at Naxal, Kathmandu. Combine with modern design with local creativity
2. **Yak and Yeti Hotel**- Centrally located Luxury 5 star hotel in Kathmandu

### POKHARA 5 STAR HOTEL PACKAGE OPTIONS:

1. **Fishtail Lodge:** this unique Lodge is situated in a unique location on a peninsula across Fewa Lake, using boats to transport guests to the property.
2. **Temple Tree Resort & Spa:** Nestling close by Fewa Lake in the Pokhara Valley, Temple Tree is framed by the foothills and majestic peaks of the Annapurna Mountain Rang.

### LOCAL MOUNTAIN LODGE

During this trek, We provide you best available mountain lodge with cozy room with shared bathroom for 11 Nights. Rooms are twin bed with two beds per room and do not have a bathroom attached except few places. The beds have mattresses and pillows and some blankets to borrow. The 'living room' area used for eating and relaxing is heated in the evenings. Lodges are always friendly places where you can meet many other trekkers. Many will have books to read and some have phones. Almost all have hot showers available, which are mostly gas heated.

Usually, breakfast will be at 8am and you will need to pack your bags ready for the porters to leave early. Lunch will be taken en route in one of the many teahouses, and dinner is generally at 7pm.

## What Kind of Food I can expect during Trek?

### Morning Breakfast between 7:00-8:00 AM

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

### Afternoon Lunch between 12:30 – 1:00 PM

- Nepal Dal Bhat, Curry with Rice, Pasta or Noodles item,
- Fried rice, fried Potatoes, Mo.Mo

## Evening Dinner between 6:00-8:30 PM

1. Garlic Soup local Stew, vegetable Soup, mixed Soup, Potato Shop
2. Dal bhat tarkari – a soup of lentils with rice and a vegetable curry
3. Fried potatoes with veg, MO. MO, fried Noodles, Pasta, mash potatoes with Cheese etc

## Drinking Water during Annapurna Circuit Trek

For many of us, the perfect choice may be to go for the mineral water. After all, it's sealed and safe to drink, plus it provides an income for the local traders – right? Regrettably, things are never quite that simple. Mineral water produces a vast number of knock-on problems for mountain societies.

While it does provide an income to local people it also generates an extraordinary, heart-breaking amount of waste and spoiling. Most places simply do not have the resources to do anything with the empty plastic bottles – and they burn them, releasing toxic gases into the air, or leave them in piles just out of sight of travellers, where they take more than 450 years to decompose.

Take, for example, Annapurna Circuit Trek. The recommended amount of water intake on a high altitude trek like this is 3-4 liters a day. The trek is 11 days long. That's more than approximately 33 liters and 33 plastic bottles, which won't decompose until the year 2466 – per person.

For a full MST group of 12 people, just one trip will result in more than 396-400 mineral water bottles. And the salt in the wound is that plastic doesn't decompose at high altitudes, so those 360 or more bottles will be up there forever. But what can you do? You have to drink, so how can you get around the problem?

**The Alternatives:** The great news is that there are really various options that will help you out of the bottled water trap. Here are just four of the best. All you have to do is pick which one is right for you.

**Striped-** Steripen is the most trusted model on the market. This technique uses exactly the same process as most mineral water undergoes before it is bottled. It's UV filtering, exactly the same treatment as the majority of bottled water undergoes to be purified, but on the go. The technology has been around for much longer than you think, but it's only recently been competitively priced enough to be on the market. SteriPen is an American company; other UV filters are also available.

**Boiled water**– This isn't always an option if you're out and about, but boiled water is an excellent option for safe drinking water on trek. Boiling the water kills any nastiness lurking there. It is the safest and most convenient option. Most lodges serve it, and it is great to ward off the cold. Prices range anywhere between NPR 50 and 120 per liter. **Which means, the cost of drinking water will be around \$50-\$70 for 11 days Annapurna circuit trek. Please note that 3-4 liters of fully boiled drinkable water will be provided daily during whole trek. You can book our all inclusive Annapurna circuit trek package for safe and hassle free service. There are no hidden cost.**

**Purification tablets**– Water refining tablets or chemicals like chlorine dioxide are other frequently used. They

are easy to carry and cheap to buy. However, they are not as effective as UV filters or boiled water and need a few hours to act. Besides these, LifeStraw and iodine-based treatments are also available but have their drawbacks. Read more about Water Safety in Nepal and Diarrhoea [here](#).

## Transportation

### **KATHMANDU-BESISAHAR (190 KM): 5-6 HOURS DRIVE**

It takes about 5-6 hours to reach besisahar from kathmandu. Besisahar is about 190-kilometer far from Nepal capital city. With Mountain Sherpa trekking trips, you will travel in a small private vehicle. So, we provide you private vehicle with experience driver for comfortable and safe journey. The advantage of taking a private vehicle is that you can ask the our driver to stop whenever you like and smaller vehicles tend to be able to move through the traffic a little faster than larger buses. We also provide professional and experience driver, so you can fully and comfortably enjoy your Nepal Trek.

### **Jeep from Besisahar to Syange:**

We drive to Syange by jeep from Besisahar. It takes about 1:30-2:00 hours drive from Besisahar to syange on off road. We then we start our first day trek to Chamje.

## **Jomsom-Pokhara flight:**

We start our annapurna circuit trek with a scenic drive from nepal capital city kathmandu and we end our trek at muktinath and take the short jeep ride back to Jomsom, From Jomsom,we take a flight back to Pokhara again. Therefore, flight from JOMSOM-POKHARA is included in our package.

Jomsom is also called Dzong-Sampa in Nepali, which means new fort. This small but stunning town is situated at an elevation of about 2700 m in Mustang District, Nepal. It covers over both the banks of the Kali Gandaki River. Along the banks of Kali Gandaki river, we can find the black rocks or stone which is called shaligram in the hindu culture and take it as the form of God Vishnu. This type of stone is only found in this Kali Gandaki River but people are unfamiliar about it so, it is holy to the Hindus. The towering peaks of Dhaulagiri and Nilgiri form a backdrop. As the district headquarters, it is primarily an administrative and commercial center with government officials and merchants rubbing shoulders with the local residents of the region, known as Thakalis. A company of the Nepalese Army is stationed here. Nearby is Jomsom Airport from where there are regular flights.

## **Pokhara-Kathmandu Flight:**

Our Annapurna Circuit trek includes scenic flight from Pokhara-Kathmandu. Kathmandu may not seem far from Pokhara (the cities are only 126 miles / 204 km apart), but the Nepali landscape and road quality make for a very long drive. That's why we recommend our clients opt to fly instead of long drive.

Flying is by far the fastest and most comfortable way of traveling between Kathmandu and Pokhara and highly suggested if you're short on time and looking for comfortable journey. There are several flights leave each day from the domestic terminal of Tribhuvan Airport and take only around 25 minutes. It's a very scenic flight, particularly if you sit on the right-hand side of the plane, so you can see the Himalaya. When flying, you're likely to arrive feeling enthusiastic and with plenty of time for activities the same day, which can't really be said if you make the trip overland.

Naturally Pokhara. The charming city has numerous beautiful lakes and offers stunning panoramic views of the Fishtail Mountain flanked by the Majestic Himalayas. Pokhara is an amazing place for natural beauty at an altitude of 827 meter from the sea level and 200 km west of Kathmandu. It is also one of the most popular tourist destinations of the country.

## Travel insurance

### Altitude Sickness:

**If you trek to a high altitude without letting your body adjust to the new elevation, you may experience altitude sickness. Symptoms include headache and nausea. If you return to a lower elevation, your symptoms will likely go away without needing treatment. In severe cases, altitude sickness can be life threatening.**

When we hike above 8,000 to 12,000 feet above sea level our bodies need to acclimatize to the decreasing amount of the oxygen available. You may have symptoms if you travel to a high altitude without giving your body time to adjust to less oxygen. Even if you're physically fit, you can still experience altitude sickness.

Mountain Sherpa Annapurna sanctuary trek itinerary is carefully designed to avoid from altitude sickness. Over the years we have come up with the best itinerary to aid in the acclimatization process. Our trek itinerary is fully flexible & can modify on the spot if required.

Remember the trek to Himalaya is not a race. Even those in the best shape will suffer from altitude sickness when they race to the top of the mountain too quickly. Go slowly, it will give your body time to adjust to the mountain. However, during the acclimatization process, you may experience 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

Each Person acclimatizes at different rates. Our best suggestion is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our Sherpa guides have extensive first aid training and we request you to talk with the Sherpa guide at all times should you believe you have any symptoms in order that we can efficiently monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

You must remember that this is your holiday and you do not want to stress out about the possibility of getting sick from the mountains. Do everything slowly. Drink lots of water. And enjoy the Himalayas views. If anything does happen and you unfortunately get sick, let your guide know right away –Please note that your guide has ultimate responsibility and may ask you to descend if symptoms persist.

### **Travel insurance:**

Travel insurance is necessary for any trip, but is mainly important when undertaking activities such as high altitude trekking in remote regions where medical facilities or assistance may not be close at hand. You'll enjoy your adventure better with the peace of mind that comes from knowing you have the right insurance cover in place should a mishap occur. This can be anything from medical emergencies, trip cancellation, trip interruption, delays, lost or stolen luggage to a full helicopter rescue off a mountain.

Obtaining travel insurance before you leave home is strongly recommended. This way, if something happens, and this is rare, you will not be out of pocket a tremendous amount of money. Mountain Sherpa trekking will provide a letter and your invoice to submit to your insurance in this case to help expedite your processing.

## Packing List

### **Packing List Annapurna Circuit Trek**

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 KG/33Lbs. Please note that this gear list is only a guide. Those are basic to bring the listed items, but you can decide from your desired brands using your expertise. Plus, you can shop the trekking gear and clothing at a good price at 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 cover 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  $-10^{\circ}\text{C}$ )\*

## 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 hand wash

### 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, diarrhoea 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 complementary for trekking.
2. Sleeping bag liner
3. Pillowcase, Scarf or buff
4. Swimwear (for the hotel pool in Kathmandu)
5. Ear plugs (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 to 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 duffel 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 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 pound 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 pound 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 upper Mustang trek. You need to carry your own backpack (with 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 4 season sleeping bags and good down jacket with a hood for complementary use. Good quality sleeping bag and down jacket are most important for high altitude trek.

## **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 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 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 deluxe room at best 3 star/5 star category hotels in Kathmandu and Pokhara with 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 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 circuit trails cook a delicious range of mostly vegetarian foods. Pasta, spring rolls, noodles, potatoes, eggs, Dalbhat (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 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. Some places bucket warm water will be provided on request and payable. some places hot showers cost extra about 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**

Of Course, **Mountain Sherpa Trekking** 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**

We ask that you keep the weight of your trek bag maximum 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 secure locked room where they store client's 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 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 30 % of the "total trip Package" is required for 100% Confirmation. The deposit can be paid by Credit Card, or by bank Wire transfer. The remaining trek balance needs to be paid in Kathmandu on your arrival day. When we confirm your trek booking we will send you more details about how to pay the trek deposit. Please note that the trek deposit is non-refundable. However, you may postponed your travel date if incase required. Your deposit expires after 3 Years only. You can travel any date within 3 years.

### **What is your success rate for crossing through la Pass 5416 m/17,770 feet**

We boast 100% success rate to date on our **Annapurna Circuit trek**, this is achieved because of our highly experience local Sherpa guides & staff. **We are 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 anytime by WhatsApp /Skype. See the **message us button** on the website lower left corner.

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

#### **Here are 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 all-inclusive package
- 05.**Clean accommodation and hygienic meals
- 06.**Best Service and Price guarantee
- 07.**Giving back to society