Annapurna Round Trek- : 18 Days (all-inclusive)

3 Star Hotel Package

2090USD per person

*Including healthy meals

5 Star Hotel Package

2290USD per person

*Including healthy meals

Trip Style: Cultural Tour & Trekking

Trip Difficulty: Hard

Join the best Annapurna Round trek with our expert local Sherpa team! With 27+ years of experience, enjoy a safe, comfortable adventure in 2025!

The **Annapurna Round Trek**, is one of Nepal's most iconic trekking routes, renowned for its breathtaking landscapes and cultural diversity. Spanning approximately 160-230 kilometers, depending on the route taken, this trek typically takes around 15-20 days to complete. It offers trekkers a unique opportunity to experience a wide range of ecosystems, from lush subtropical forests to arid high-altitude deserts.

Annapurna Round Trek: A Journey Through Culture and Majesty View of Himalayas

The journey takes you through charming villages inhabited by diverse ethnic groups, including Gurungs and Thakalis, providing insight into their rich cultures and traditions. One of the trek's highlights is crossing the Thorong La Pass, the highest point at 5,416 meters (17,769 feet), which offers stunning panoramic views of the Annapurna and Dhaulagiri mountain ranges.

The trek's elevation changes and varied terrain present challenges, making it essential for trekkers to be well-prepared and physically fit. Along the way, trekkers can enjoy natural hot springs, breathtaking waterfalls, and the serene beauty of high-altitude lakes. Accommodations in teahouses and lodges provide a glimpse into local hospitality while ensuring comfort. The **Annapurna Round Trek** is a life-changing adventure that showcases the beauty of the Himalayas and the warmth of the Nepali culture, making it a must-do for any trekking enthusiast.

DURATION: 18 days

Trip Facts

Arrival City
- Kathmandu, Nepal

Departure City
- Kathmandu, Nepal

Trek Region
- Annapurna region, Nepal

Trip Style
- Trekking & Hiking
- Cultural city tour

Maximum Altitude
- Thorong-La Pass
- 5416 meters or 17770 ft.

Trip Durations
- Total : 17 Nights/ 18 Days
- 13 Nights in Mountain & 4 Nights in City

Group Size
- Minimum 1 People To Maximum 15 People

Accommodations
- Best Tourist Hotel In City
- Quality Lodge During Trek

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

Service Level
- Reliable & friendly service
- Authentic sherpa guide
- Clean Hotel and Lodge

Fitness level
- Reasonable Fitness require
- For Preparation Walking, Jogging & Cycling is best

Best Time to Travel
- Autumn: September- December
- Spring : February-May

ITINERARY

Day 01: : Arrival in Kathmandu (1400 meters/ 4,593 feet) - Hotel

Upon your arrival at Kathmandu Airport, you'll be warmly welcomed by our friendly **Sherpa team**. As you enter the vibrant capital of Nepal, the rich culture and history will begin to unfold before you. Your comfortable transfer to the hotel will provide glimpses of the bustling streets and charming neighborhoods that define Kathmandu.

We'll ensure a seamless journey, handling your luggage and any travel needs you may have. Once at your hotel, you'll check in smoothly and have the opportunity to relax and unwind. Enjoy the hotel's amenities or explore nearby areas at your leisure. A short briefing will be provided regarding your next day's meeting time and city tour, setting the stage for your adventure in Nepal!

Day 02:: Full Day sightseeing of Kathmandu city Overnight stay at Hotel

After breakfast at your hotel, your immersive cultural journey begins with a visit to the legendary **Swayambhunath Stupa,** famously known as the Monkey Temple. Perched on a hilltop overlooking the Kathmandu Valley, this ancient Buddhist site offers sweeping views and deep spiritual ambiance. With prayer wheels spinning and monkeys playing among the stupas, it's a magical start to the day.

Next, we descend into the heart of the city to explore **Kathmandu Durbar Square,** a UNESCO World Heritage Site filled with centuries-old palaces, temples, and intricate wooden architecture. You'll walk through history as you visit iconic landmarks like the Hanuman Dhoka Palace, the Kumari Ghar (home of the Living Goddess), and the historic Kasthamandap, from which the city takes its name.

From here, we drive to the serene and spiritual **Boudhanath Stupa,** one of the largest stupas in the world and a center of Tibetan Buddhism in Nepal. The peaceful vibes, colorful prayer flags, and surrounding monasteries create the perfect atmosphere for reflection. We'll stop here for a relaxing lunch at a rooftop café, offering fantastic views of the stupa and the surrounding area.

Our final stop is the sacred **Pashupatinath Temple,** the holiest Hindu temple in Nepal, dedicated to Lord Shiva. Located along the banks of the Bagmati River, the temple complex is a powerful place to witness Hindu rituals, including cremation ceremonies, which provide insight into Nepal's deep spiritual traditions.

After a fulfilling day of exploration, we return to the hotel. The evening is yours to pack your trekking gear, rest, and get mentally prepared for the grand Himalayan adventure that begins the next day.

Day 03:: Drive to Besisahar (760 meters /2,493 feet) - Lodge

After a rejuvenating night in Kathmandu, start your day with a hearty and nutritious breakfast, perfectly designed to energize you for the adventures that lie ahead. Between **7:00 and 7:30 AM,** our skilled driver and guide will arrive at your hotel to whisk you away on a scenic journey to **Besishahar.** This approximately six-hour drive in a comfortable, well-maintained vehicle promises a smooth ride as you traverse the breathtaking landscapes of Nepal.

As you journey through the heart of the countryside, you'll be enchanted by stunning vistas of rivers, majestic mountains, and picturesque rural villages. Feel free to request stops along the way; this is your adventure, and we want you to savor every moment!

Upon your arrival in **Besishahar,** you'll check into your cozy lodge, giving you a chance to unwind and refresh after the drive. Later in the afternoon, take a leisurely stroll around Besishahar, immersing yourself in the vibrant local culture and getting excited for the incredible trekking experience that awaits you. Your journey is just beginning, and the excitement is palpable!

Day 04:: Drive to Dharapani : (1,860 meters/ 6,109 feet)- Lodge

After a satisfying breakfast in Besishahar, we set off on an exhilarating shared jeep ride to Dharapani, a journey that lasts about **4 to 5 hours**. While the road can be a bit bumpy, it only adds to the thrill as we navigate through stunning landscapes adorned with lush valleys, sparkling waterfalls, and towering mountains.

As we travel, we'll journey through delightful villages such as **Bhulbhule, Ngadi, Sangye and Jagat** each offering a glimpse into the vibrant culture and breathtaking scenery of the Annapurna region. Our knowledgeable guide will accompany you, providing assistance whenever needed and ensuring a smooth and enjoyable experience.

Along the way, we'll stop for lunch, giving you a chance to savor delicious local dishes while enjoying the surrounding natural beauty. If you're feeling adventurous, you can choose to hike part of the route—just let your guide know, and they'll be happy to accommodate you!

Upon reaching Dharapani, you'll check into a cozy lodge for the night, allowing you to relax and reflect on the day's exciting journey as you prepare for the incredible experiences that await you.

Day 05:: Trek from Dharapani to Chame (2,720m/8,924ft) - Lodge

Approx. Walking:5-6 hours trek **Approx. Distance:** 11 km

After breakfast, we set out on a delightful hike, gradually climbing through lush forests of pine and oak. Passing through the quaint village of **Dhanakyu,** we're treated to the sights and sounds of a majestic waterfall, its clear, rushing waters offering a refreshing pause. Looking back, the stunning peaks of Manaslu, Lamjung Himal, Annapurna II, and Annapurna IV create a breathtaking backdrop worth savoring.

As we ascend through vibrant rhododendron forests, the trail opens up at Ratamron, gently rising past a clear stream and into a dense pine forest. The path soon leads us along a loose hillside to the small hamlet of Koto, where **Annapurna II** towers above—a thrilling reminder of the Himalayas' grandeur. From here, a gradual climb through fir and pine forests brings us to the welcoming village of Chame.

In Chame, we can unwind with a dip in a natural hot spring, letting the warmth soothe tired muscles after the day's journey. Our evening will be spent in a cozy, well-equipped lodge, perfect for recharging before tomorrow's adventure.

Day 06:: Trek from Chame to Upper Pisang (3,300m/10,824ft) - Lodge

Approx. Walking: 4-5 hours trek **Approx. Distance:** 13 km

After a delicious breakfast, we begin our trek to Upper Pisang, greeted by the sight of Lamjung Himal shining in the morning sun. The trail ascends steadily, passing through lush valleys and a vast apple orchard, where we take in breathtaking views of the Annapurna range. Soon, we reach Bratang, once a base for troops defending against the Khampa rebels—its weathered buildings echoing stories of the past.

Crossing a wooden bridge, we follow a high path winding through dense pine forests until the valley opens up, revealing the sweeping beauty of the Manang Valley. **Annapurna II** and **Pisang Peak** rise impressively in the distance. As we approach Pisang, a mani stone wall signals our arrival in Lower Pisang, with a short uphill climb leading us to Upper Pisang for an overnight stay in a welcoming lodge.

Day 07:: Trek from Pisang to Manang (3,440m/11,287ft)- Lodge

Approx. Walking: 6-7 hours trek **Approx. Distance:** 15 km

The trek from **Upper Pisang to Manang via Gyaru** is among the most **scenic** sections of the Annapurna Round, with breathtaking views of **Annapurna II, III, IV, Gangapurna and Tilicho Peak**. Starting from Upper Pisang, a steep ascent takes you to Gyaru (3,670m/12,040ft), an ancient ridge-top village with sweeping vistas of the Annapurna range, perfect for a short rest and photos.

The trail from Gyaru continues along a rolling path through high-altitude terrain with expansive valley views and minimal crowds. After reaching Ngawal (3,660m/12,010ft), the landscape shifts to a dry, rocky terrain typical of the rain-shadow area, eventually descending toward the valley floor and into sparse forests.

Finally, you join the main trail to **Manang (3,540m/11,614ft)**, a lively village rich in cultural landmarks, bakeries, and the Himalayan Rescue Association's center for altitude safety. This trek beautifully combines stunning scenery with high-altitude trekking and a glimpse into the cultural heart of the Himalayas.

Day 08:: Rest/Acclimatization in Manang (3440m/11287ft) - Lodge

The acclimatization day in **Manang (3,540m/11,614ft)** is essential for adapting to higher altitudes as you prepare to trek further along the Annapurna Circuit. This day provides a blend of light activity and rest, which helps your body acclimate effectively and minimizes the risk of altitude sickness. Our expert **Sherpa guide** will tailor an acclimatization hike based on your energy levels and interest, ensuring you gain the most benefit.

One popular hike is to **Gangapurna Lake (3,900m/12,795ft)**, where serene waters reflect the Annapurna and Tilicho ranges. Another incredible option is the hike to **Praken Gompa**, a monastery perched above Manang at around 3,900m, where a resident monk offers blessings and wisdom to trekkers. Both hikes offer the "climb high, sleep low" experience, a proven method for safe acclimatization.

After an enriching day of gentle adventure and cultural exploration, you'll return to the lodge well-prepared and excited for the trek's higher altitudes that lie ahead.

In the late afternoon, take some time to wander around Manang village, where you can relax with a coffee at one of the charming local bakeries. Be sure to sample fresh pastries and the region's unique yak cheese, which offer a delightful taste of the local flavors. This peaceful time in the village allows you to soak in the mountain views, connect with local culture, and unwind before the adventures ahead.

Day 09:: Trek from Manang to Yak Kharka (4050m/13290ft)- Lodge

Approx. Walking: 3-4 hours **Approx. Distance:** 10km/6 miles

Leaving Manang, we begin our journey toward Thorong La's base with a steady ascent, first crossing a suspension bridge over the Marsyangdi River. The trail climbs gradually to the village of **Tenki (3,760m/12,336ft)**, located on a hill just above Manang, where we can catch beautiful views back over the valley. From Tenki, we continue northwest, entering the Jarsang Khola Valley, a more open, high-altitude valley surrounded by dramatic peaks.

The path leads us to the small settlement of **Ghunsa (3,950m/12,959ft)**, with its distinctive flat-roofed mud houses, a traditional style well-suited to the alpine environment. Passing Ghunsa, we reach open meadows where yaks and horses graze, giving us a glimpse of local highland life. The trail becomes rockier as we cross a small wooden bridge over a glacial stream before arriving at **Yak Kharka (4,050m/13,287ft)**, a charming village that marks our next stop.

Once settled at a guesthouse, we'll have lunch and rest before an acclimatization hike up the surrounding hills, providing additional altitude adjustment. Keep an eye out for Himalayan blue sheep, which are often spotted in the rugged terrain around Yak Kharka.

Day 10:: Trek to Thorong Phedi (4,450meter/14,599 feet)-Lodge

Approx. Walking: (3 - 4 hours). **Approx. Distance:** 9km/5.5 miles

On this day, we set our sights on Thorong Phedi, the gateway to the majestic Thorong La pass. As we ascend, the landscape transforms into a more rugged and barren terrain, showcasing the raw beauty of the Himalayas. Our trek leads us down to cross the Jarsang Khola, a sparkling stream that winds its way through the valley, before we

navigate a scree slope that brings us to the humble teahouses at Thorong Phedi (4,420m).

This tiny settlement may seem modest, but it serves as a vital hub for weary trekkers. The atmosphere is bustling with activity as locals cater to the needs of tired adventurers, providing meals and a warm place to rest. Here, it feels like we've reached our own mini base camp, surrounded by towering peaks and the anticipation of the challenge ahead.

While many trekkers push on to Thorong High Camp on the same day, our experienced team at Mountain Sherpa Trekking highly recommends pausing here for a restful night. This strategy not only helps acclimatize your body to the altitude but also sets you up for a more manageable ascent to the pass the following day. Taking this crucial time to relax will significantly reduce the risk of altitude sickness, ensuring you're fully prepared for the adventure that awaits. Enjoy the evening soaking in the stunning mountain vistas, knowing that tomorrow's journey will be even more rewarding.

Day 11:: Trek to Muktinath (3,760 meters/12,336 feets)- Lodge

Approx. Walking: 9-10 hours **Highest Altitude**: 5416-m/17770 ft.

The next morning, we rise early for a long but exhilarating trek to **Thorong La Pass (5,416m/17,764ft).** The initial ascent is steep and demanding, requiring focus and determination, but as we climb higher, the gradient eases slightly, though the altitude continues to challenge us.

After several hours of steady trekking, we finally reach the iconic Thorong La Pass. Here, the path can be icy, so careful footing is essential. Our experienced **Sherpa guide and dedicated team** will provide constant support and encouragement, ensuring your safety every step of the way. As we make our ascent, you'll be treated to breathtaking views of the towering Himalayas, enhancing the mystique of this remarkable journey.

From the pass, you'll witness a stunning panorama of snow-capped peaks extending into Tibet, while behind us, the majestic Annapurna range stands proud. Just below lies the vast Kali Gandaki gorge, dropping 2,500m to the valley floor—a reminder of the dramatic landscapes that surround us.

From the **Thorong La Pass,** the descent begins moderately and is well-marked. Initially, the trail is rocky and can be icy, especially early in the morning. Trekking poles are recommended for stability on the uneven surfaces. After navigating this impressive terrain, we eventually arrive at Muktinath (3,700m), a revered site for both Hindus and Buddhists, known for its sacred temple and spiritual significance. This unique blend of culture and breathtaking natural beauty makes Muktinath a fitting end to our challenging day. Rest assured, with our expert team by your side, you’re in capable hands every step of the way.

Day 12:: Drive to Tatopani (1,200 meters/3,937 feet) - Lodge

After a peaceful morning and breakfast in the spiritual village of Muktinath (3,760m), your journey shifts gears with a scenic 3–4 hour private jeep ride toward the lush lowlands of **Tatopani (1,200m)**. As you descend, the dry Mustang terrain gives way to forests, waterfalls, and terraced hills.

En route, enjoy a quiet stop at **Dhumba Lake**, a serene turquoise lake near Jomsom—perfect for photos and reflection. Later, stroll through Marpha, famed for its apple orchards, charming stone alleys, and traditional Tibetan-style homes. Savor a local lunch and maybe try the region’s signature apple pie or brandy.

The journey continues through the dramatic **Kali Gandaki Gorge**, the world’s deepest, flanked by the giants Annapurna and Dhaulagiri, with views of Tukuche, Kalopani, and Ghasa villages.

Arriving in Tatopani, relax in the **natural hot springs**—a perfect way to soothe your muscles and unwind. Overnight in a cozy lodge, surrounded by greenery and the gentle rhythm of the river.

Day 13:: Drive to Chitre (2,390m) and Trek to Ghorepani (2,850m / 9,350ft) – Lodge Stay

After a restful morning and breakfast in Tatopani, your journey continues with a scenic jeep ride to **Chitre (2,390m**)—a winding **2-hour drive** through emerald hills, vibrant farms, and scattered hillside hamlets. Though hiking the entire stretch is an option, we recommend the drive to conserve energy for the beautiful trek ahead.

At Chitre, lace up your boots for a **2-hour ascent** into one of the most enchanting sections of the Annapurna region. The trail weaves through dense rhododendron forests, where the silence is broken only by the songs of mountain birds and the occasional rustle of leaves. As you climb higher, glimpses of the Annapurna and Dhaulagiri ranges begin to peek through the trees, teasing what's to come.

By afternoon, you'll arrive at **Ghorepani (2,850m)**—a postcard-perfect village famous for its vibrant blue lodges, misty pine surroundings, and panoramic Himalayan backdrop. The cool mountain breeze and peaceful vibe make it the perfect retreat.

Settle into your cozy lodge, enjoy a hot local meal, and rest well—the legendary Poon Hill sunrise hike awaits you tomorrow.

Day 14:: Hike Poon Hill, descend to lodge, then trek to Tadapani - Lodge

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

Our adventure begins at the break of dawn as we set off towards **Poon Hill (3,210m / 10,531ft)** for a truly magical experience. Known as a photographer's paradise, Poon Hill offers breathtaking views of the sunrise illuminating the majestic peaks of the Annapurna and Dhaulagiri ranges. The vibrant colors of the morning sky against the snow-capped mountains create a spectacle that will leave you in awe.

After soaking in the stunning sunrise, we make our way back down to enjoy a hearty breakfast, fueling up for the day ahead. Following breakfast, we venture into the enchanting rhododendron forest, where the trail weaves through a tapestry of vibrant blooms. The path rises and falls, adding a sense of adventure to our journey, while the incredible landscapes surrounding us inspire a sense of wonder.

As we continue to **Tadapani**, the beauty of the Himalayas and the lush greenery captivates our hearts and minds. Upon arrival, we will settle into one of the cozy lodges, where we can reflect on the day's experiences and prepare for the next leg of our trek. This day promises to be a blend of stunning vistas, invigorating hikes, and unforgettable memories.

Day 15:: Trek from Tadapani to Khimche, drive to Pokhara - Hotel

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

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

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

Day 16:: Full-Day Exploration in Pokhara with Relaxation and Ayurvedic Massage

Start your day with a relaxed breakfast, followed by a guided journey through Pokhara's cultural and natural highlights. Your first stop is the thundering Devi's Fall, where water vanishes into an underground gorge. From there, visit the nearby Tibetan Refugee Camp, where you can see traditional handicrafts being made and hear stories of exile and resilience.

Next, step into the mysterious **Gupteshwor Mahadev Cave**, home to a revered Shiva shrine hidden beneath the earth. Then it's on to the **International Mountain Museum**, where the legacy of Himalayan mountaineering and the people who call these mountains home comes to life. You'll also visit the **Gurkha Museum,** honoring Nepal's legendary warriors.

After a day of discovery, enjoy some free time to wander around Pokhara's Lakeside area—a laid-back hub of lakeside cafés, artisan shops, and peaceful walking paths. With the serene Phewa Lake as your backdrop, it's the perfect setting to soak in the beauty and calm of the region.

To top it off, you'll be treated to a restorative **one-hour Ayurvedic massage**. Guided by centuries-old healing traditions, expert therapists will help ease post-trek fatigue and rebalance your body and mind. Tonight, you'll rest in style at one of Pokhara's finest lakeside hotels, offering tranquility, luxury, and stunning views just steps from the water's edge.

Day 17:: Fly to Kathmandu with an Optional Tour of Patan and Bhaktapur

After enjoying breakfast at your hotel in Pokhara, you'll take a scenic 25-minute flight back to Kathmandu. Upon arrival at the Kathmandu airport, you have a few great options to make the most of your day.

For those interested in exploring more of Nepal's rich cultural heritage, we offer an optional guided **tour of Patan and Bhaktapur**—two of the Kathmandu Valley's most iconic and historic cities. This tour is not included in your package but can be arranged upon your arrival in Kathmandu or booked after you've completed your trek.

Alternatively, you may choose to spend the day at your own pace—relaxing, shopping, or wandering through the vibrant streets of Thamel, Kathmandu's lively tourist district. Whether you're hunting for souvenirs, sampling local cuisine, or just soaking in the local atmosphere, it's a perfect way to wind down after your trekking adventure.

Day 18:: Airport transfer after a memorable trek in Nepal and Fly back to Home

After a nourishing breakfast and some final moments of reflection, our team will be ready to escort you to the airport for your journey home. It's been a true honor and joy to be part of your adventure, and all of us at **Mountain Sherpa Trekking and Expeditions** sincerely thank you for choosing to explore Nepal with us.

The time we've spent together—walking the ancient trails, crossing high passes, sharing laughter in the tea houses—has created memories we hope you'll carry for a lifetime. We believe that the spirit of the mountains, and the warmth of the people you've met, will stay with you long after you return home.

Until we meet again, travel safely and keep the Himalayas close in your heart. We'll be here, always ready to welcome you back.

Kind Reminder: While we always strive to follow our planned itinerary, mountain weather and trail conditions can sometimes call for changes. Your safety and well-being remain our top priority, and we thank you for your flexibility and understanding throughout your journey.

Thank you for being part of the Mountain Sherpa family.

Vital Information

Why Book with MST

Why I Book My Annapurna Round Trek with Mountain Sherpa Trekking?

1). Top-notch Sherpa Guides

Our whole guides & staff are 100% Local Sherpa people from the Everest region. As you know “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”

We have extremely professional, reliable, and experienced climbing Sherpa’s working with us. We have four expert Sherpa guides for each group of ten trekkers on the trail in order to make sure all of our teams have the best chance at safe success in their goals. Since we will employ experienced Sherpa guides, they will take care of everything and will make your trip easy and wonderful.

2). Supporting Our Community

We believe that we all must give back to our society, as a responsible Sherpa Company, we know the importance of giving and supporting those in need. Hence, Mountain Sherpa Foundation has been established to help address the basic needs problems of the deprived people and low-income families of a remote part of Nepal. We work directly with the local communities to find lasting solutions to poverty and injustice. We seek to help and to be helped to ensure that poor people can improve their lives and livelihoods.

We continue to help the local community and have helped our Sherpa guides, porters, and staff. As things get worse for tourism workers amid covid-19 pandemic, **Mountain Sherpa Trekking director Mr. Pasang Sherpa** distributed relief packages to more than 450 Sherpa trekking guides, porters, and climbing guides on 25 May 2020, Similarly, He supported to Trekking Agencies Association of Nepal (TAAN) that has established a food bank for the tourism workers in Nepal during the COVID 19 pandemic.

Mountain Sherpa Trekking donates up to 15% of its annual revenue to Mountain Sherpa Foundation (MSF) Nepal’s projects, which cover regular maintenance of school buildings, Suitable-learning supplies for children in remote areas, providing necessary medical equipment to health posts of the lower part of Everest and so on.

3). Quality Run Journeys

Unlike most companies, the Mountain Sherpa Trekking guide will not control the food menu during your trek in Nepal, which means you can select any food from the lodge menu as per your taste. Our guides will provide you with enough meals on their trek as part of the trip price. A lot of times people are only given the same food each day for every meal, and we don't do this. You are allowed to pick what you eat for each meal in all the lodges we stay in.

Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your treks and climbs in the Himalayas which is most important for a successful trip.

4). Ethical and Responsible Treatment of our Porters:

Most people would not be able to handle the challenges of these treks if it wasn't for the porters helping with all the lifting, preparing, and cheering. They are the backbone of our company and the reason why Pasang Sherpa created Mountain Sherpa Trekking & Expeditions, to begin with. He began in this industry as a porter and understands their needs better than anyone. We are dedicated and promise a better life to every member of our staff. This involves a better salary, providing all their gear including warm clothes, proper hiking shoes for high altitude treks, and lodging.

And we help their families by helping their village schools, providing school materials for their kids, and medicine to the health clinic of their villages.

7 reasons Why You Should Trek with Our Sherpa Guide

1. Our guides Act honestly, fairly, and professionally. They will be always punctual, reliable, honest, good sense of humor, friendly and caring.
2. Our guides are extremely patient with those of you who are slower trekkers, which is the key to a successful trip in the Himalayas.
3. Our guides will make sure that you get good quality lodge accommodation & enough hygienic food during your trekking in the Himalayas which is most important for a successful trip.
4. Our Sherpa guides are Government certified and top-notch!
5. Our guide will ensure that they understand what their duty of care is to their respected guests and will exercise it at all times.
6. Your safety and enjoyable trip are always our priority. Our guide will make sure all of your party is properly acclimatized in the Himalayas before going higher.
7. Our Sherpa guides are flexible when it comes to unexpected issues.

Hotels & Foods

Our Annapurna Round Trek package includes **2 Nights of Deluxe accommodations** in Kathmandu and one night at a comfortable and luxurious hotel in Pokhara at the end of the 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 give 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 relax in a tranquil and peaceful garden resort. We have two different package options available as outlined below. Book your perfect dream holiday trek package with a local Sherpa expert and get exceptional service.

- Our 3 Star Hotel Package starts from $2090 USD Per Person only
- Our 5 Star Hotel Package starts from $2290 USD Per Person only

Kathmandu 3 Star Hotel Package Options:

1. **Sampada Garden Hotel**- Located in a peaceful area in Lazimpat, Katmandu. 15-20 minute walk from Thamel.
2. **Mandala Boutique Hotel** - This Hotel is located at Chhetrapati, just a 3-5 minute walk from Thamel

Pokhara 3 Star Hotel Package Options:

1. Hotel City inn, Hotel Splendid View & Spa Or Hotel The Kantipur

All hotels are situated in the lakeside area in Pokhara with clean and comfy rooms and most importantly helpful and friendly staff

if you select our 5-star package options then we accommodate you following 5-star Premier Hotels.

Kathmandu 5 Star Hotel Package Options:

1. **Marriott Kathmandu -** Located at Naxal, Kathmandu. Combine the 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 Range.

LOCAL MOUNTAIN LODGE

During this trek, We provide you best available mountain lodge with a cozy room with a shared bathroom for 11 Nights. Rooms are twin beds with two beds per room and do not have a bathroom attached except in a 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 8 am 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 7 pm.

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

Note: Unlike most companies, the Mountain Sherpa Trekking guide will not control the food menu during your trek in Nepal which means you can select any food from the lodge menu as per your taste. Mountain Sherpa trekking provides enough meals on their trek as part of the trip price.

Drinking-Water during Annapurna Round Trek

For many of us, the perfect choice may be to go for 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 travelers, 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 litters a day. The trek is 11 days long. That's more than approximately 33 litters 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.

Purification tablets– Water refining tablets or chemicals like chlorine dioxide are 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 Besi Sahar from Kathmandu. Besisahar is about 190-kilometer far from Nepal's capital city. With Mountain Sherpa trekking trips, you will travel in a small private vehicle. So, we provide you private vehicle with an experienced driver for a comfortable and safe journey. The advantage of taking a private vehicle is that you can ask your 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 experienced drivers, so you can fully and comfortably enjoy your Nepal Trek.

Shared Jeep from Besishahar to Dharapani:

With the road now constructed, we highly recommend driving up to Dharapani to begin your trek. While the road conditions may be bumpy and off-road in places, we will arrange for a well-maintained local jeep driven by an experienced driver to ensure a smooth and comfortable journey. Your safety and comfort are our top priorities, allowing you to enjoy the breathtaking scenery along the way as you prepare to start your adventure!

Kimche to Pokhara by Private Jeep

We conclude our trek at the lower Modi Khola in Kimche, where you'll be transferred back to Pokhara in a private vehicle. The drive takes approximately 2-3 hours, offering you a chance to relax and reflect on your incredible journey. Arriving in Pokhara by late afternoon, you'll be greeted by the stunning landscapes and vibrant atmosphere of this beautiful city.

At Mountain Sherpa Trekking, we prioritize your comfort and safety, so we ensure that all our vehicles are in excellent condition. Our experienced drivers are dedicated to providing a smooth and secure ride, allowing you to sit back and enjoy the scenic views along the way. Your return to Pokhara will be a seamless experience, perfectly wrapping up your unforgettable trek!

Pokhara-Kathmandu Flight:

Our Annapurna Round trek includes a 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 a long drive.

Flying is by far the fastest and most comfortable way of traveling between Kathmandu and Pokhara and is highly suggested if you're short on time and looking for a comfortable journey. There are several flights that 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 Himalayas. 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 meters from sea level and 200 km west of Kathmandu. It is also one of the most popular tourist destinations in the country.

Altitude Sickness

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 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 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 the Himalayas 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.

1. Tiredness
2. Minor Headache
3. Troubled sleep
4. Loss of appetite/nausea
5. Shortness of breath
6. Cough
7. Palpitation
8. 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, or lost or stolen luggage to a full helicopter rescue of 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 Round 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 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 round Trek

Annapurna round trek is recommended for people who are practically fit for the high-altitude trek. This is not a very challenging trek. However, it is a quite hard trek since it engages with a 5,416-meter high **Thorong La Pass** (5,416 m (17,769 ft). We recommend you do some physical fitness programs such as running, swimming, and hiking before embarking on your journey.

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

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

We provide you with deluxe rooms at the best hotels in Kathmandu and Pokhara with breakfast included. Along the trekking routes, teahouses/lodges generally provide basic clean facilities with a mattress and a quilt or blanket. We can also offer you sleeping bags if needed (to be returned after the trip) but it is a good idea to always have your own sleeping gear. The lodges in trekking routes generally provide single and double rooms, or seldom a dormitory. At times when possible, dining will be around a 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 round trek trails cook a delicious range of mostly vegetarian fare. Pasta, tuna bakes, noodles, potatoes, eggs, Daal Bhat(rice and lentils), bread, soup, fresh vegetables (variety depends on the season) ,and even some desserts like apple pies, pancakes, and some interesting attempts at custard. You will find a lot of garlic on the menu because it assists with acclimatization – eat some every day. In many larger villages, you may find some meat items on the menu. You can always get hot chocolate, tea, and hot lemon drinks, as well as soft drinks, and treats like chocolate and crisps. Each day dinner and breakfast will be at a lodge you'll stay at while lunch will be taken on the way to a destination.

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

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

What opportunities will I have for shower along the trek

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

Is Mountain Sherpa trekking staff insured

Our company insures all our trekking staff members, including guides, cooks, Sherpas and porters. 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 your 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

We will give you a company duffel bag for the trek. Whilst on the trek, our porter will carry 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.

Are solo female travelers safe on Annapurna round 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 to 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.

Should I Buy My Gear at Home or in Nepal? Can i hire gears in Kathmandu

That very much depends on how much use you intend to get out of it. Reasonable quality gear is available in Kathmandu for a fraction of the price of the real deal. We will help out you to find good standards gears in Kathmandu. You also rent out down gear and sleeping bags, which are the most sensible option if you don't think

you'll be using them again for a while.

You can buy all types of necessary warm clothes in Kathmandu. You will discover many local stores to branded stores like **North face,** Mountain hardware, etc. We will accompany and assist you if you need to buy or hire the equipment.

How much should I plan to give in tips to my guides, porters and driver

The tips for the guides, driver, and porters are not included in the price you paid for your tour. However is something extra present to your staff after a special trek, however, you must know that tips are not mandatory and instead you must take from a different view of point as saying thanks after making successfully your trip to Annapurna Round Trek. Normally, we recommend you to spend a minimum of 10% of your total trip cost for tipping the entire local staff, the ratio of tipping guide and porter will be given to you at the pre-trip meeting in Kathmandu before starting the trek.

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 Round 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

Second reason: Our specially designed Annapurna round trek itinerary ensures you proper acclimatization, we added two extra days rest days in the itinerary. One night in **Manang an altitude of** 3,519 m (11,545 ft) for high altitude acclimatization. We also have another one-day rest at Tatopani (Hot Spring) where you can enjoy your rest day in a natural hot spring after several days of treks. This rest day can be used before Thorong-la cross if required. Our itinerary is fully flexible and can be customized on the spot as per individual needs.

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

In the **Round Annapurna trek**, most lodges/tea houses have electricity. You can charge your iPod or camera batteries while on treks. Please note that lodges/tea houses will charge you some money for the charging fee (1 USD to 2 USD per hour) during your trek. or some places you charge free.

How much additional money do I need per day

It depends on your spending habits. Generally, in Kathmandu, you can allocate USD 10 to USD 15 for lunch and dinner. During Trekking, USD 10 to USD 15 per person each day will be enough to buy bottles of water, and chocolates, pay for the hot shower, and a few drinks during the trekking.

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