

Annapurna Round Trek- : 19 Days (all-inclusive)

3 Star Hotel Package

2000^{USD}
per person

*Including healthy meals

5 Star Hotel Package

2300^{USD}
per person

*Including healthy meals

Trip Style: Cultural Tour & Trekking



Trip Difficulty: Hard

[Annapurna Round Trek](#) is a wonderful and rewarding trekking experience in the Annapurna region. The trekkers are able to enjoy and witness the beautiful and amazing views of multiple Himalayan ranges throughout this trekking expedition. The highest point of this trek is **Thorong-La Pass** situated at a height of 5416 meters from sea level. This trekking trail goes all the way from Thorong-La pass to Muktinath which is a sacred place for both Buddhists and Hindus religion.

This fully guided all-inclusive [Annapurna round trekking](#) enables you to enjoy the various villages and rural life of beautiful Nepali ethnic groups, cultures, and traditions along with the views of the great Himalayas. You can enjoy the hot water bath in the natural hot pond at Tatopani. This adventure **trekking & hiking** journey consists of incredible green forest. The forest is filled with the blooming of red rhododendron flowers from March to April. One can have the best view of the Dhaulagiri and Annapurna Himalayan ranges which stands above the height of 8000 meters.

Additionally, this [Annapurna round trekking & Hiking](#) is filled with various beautiful and amazing flora and fauna. Some of the exotic wild animals like monkeys, Mountain bears; snow leopards can be seen on this Annapurna round trek. Furthermore, some of the incredible birds of these regions are the Eurasian kingfisher, a large pied kingfisher, Himalayan griffon, whistling thrush, and many more.

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

DURATION: 19 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 : 18 Nights/ 19 Days
- 14 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 and transfer to hotel- Welcome Dinner

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

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

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

After a good night's sleep and having a hearty breakfast in Hotel, we start our day by visiting the well-known Boudhanath Stupa (said to be the biggest in the world) and an important center of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a symbol of the Buddhist cosmos).

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

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

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

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

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

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

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

After having our breakfast at Lodge in Besisahar. Today we drive from Besisahar to Syange by jeep and then we start our first-day trek. It will take nearly 2-3 hours to drive from Besisahar to

Syange on off-road. We then start our first-day's walk to Chamje. You can see beautiful villages, and waterfalls

along the way. Once we reach Syange, We have to hike on the bank of a river to the stone town of Jagat before scaling within the 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 05:: Trek from Chamje to Dharapani (1,960m/6,430ft) Approx. 5/6 hrs - Lodge

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

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

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

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

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

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

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

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

We see Lamjung Himal 6,893m shiny in the morning sun, and with this gorgeous sight, we set off for Pisang after a delightful breakfast. The foothill disappears as we ascent the trail up the valley, passing a huge apple orchard. The valley becomes remarkably steep-sided as we keep on the path to Bratang. In the initial years, this part was the army post for troops who fought against the Khampa ethnic rebels from this point. The dilapidated buildings are the only mementos of that era.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Today is our rest day after a long several days walk. Tatopani is a very ideal place to rest and get fully refreshed. This rest day will be very useful for us to get refreshed. Today, We visit the natural hot spring and relax for some time. Afternoon, we hang around the lodge garden having drinks and reading books.

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

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

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

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

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

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

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

We will stay at one of the lodge at Tadapani.

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

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

From Tadapani the trail descends through thick greenery jungles to Ghandruk, a village of the Gurung community, one of the indigenous groups of Nepal. Today is a relatively relaxed downhill walk through 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 18:: Transfer to Airport & Flight Back to Kathmandu, Transfer to Hotel

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

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

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

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

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 \$2000 USD Per Person only
- Our 5 Star Hotel Package starts from \$2300 USD Per Person only

Kathmandu 3 Star Hotel Package Options:

1. **Sampada Garden Hotel**- Located in a peaceful area in Lazimpat, Kathmandu. 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 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.

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.

Jeep from Besisahar to Syange:

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

Kimche to Pokhara by Private Jeep

We end our trek in the lower Modi Khola at Kimche. From here you will transfer back to Pokhara by private vehicle. It takes approx. 2-3 hours by private vehicle. We will arrive in Pokhara by late afternoon. **The vehicles being used by mountain Sherpa Trekking during the tour will be fully sanitized before use.**

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 -10°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 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 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 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