Annapurna Round with ABC Trekking

3 Star Hotel Package

2590USD per person

*Including healthy meals

5 Star Hotel Package

2850USD per person

*Including healthy meals

Trip Style: Cultural Tour + Trek

Trip Difficulty: Hard

This trek is a spectacular combination of the **Annapurna Circuit (Round Annapurna) and the Annapurna Base Camp (ABC) trek**—perfect for those seeking a longer, more immersive Himalayan adventure. Ideal for trekkers with extended holiday time, this route allows you to experience the **full beauty and diversity of the Annapurna region** in a single journey.

The trek includes all the iconic highlights: **Manang, Thorong La Pass (5,416m), Muktinath, Jomsom, Tatopani, Ghorepani, Poon Hill, and finally, the awe-inspiring Annapurna Base Camp at 4,130m.** From lush subtropical forests and vibrant Gurung villages to the stark, high-altitude landscapes reminiscent of Tibet, every step reveals stunning contrasts in scenery and culture.

Trekking the Annapurna Circuit with ABC is the ultimate Himalayan odyssey—one that transforms passionate hikers into true “Megahikers.” This unforgettable experience offers not just panoramic mountain views, but deep cultural encounters and a powerful sense of achievement. If you want the very best of Nepal in one trek, this is the journey to take.

DURATION: 23 days

ITINERARY

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

If it’s a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet shows us glimmering 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. As soon as your plane hits the tarmac of Tribhuwan International Airport, **Mountain Sherpa Trekking and Expeditions** office representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel.

The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. In the evening we will meet our senior trek guide who will brief the group about details related to our trek. Your first overnight in the ancient city of temples, probably the most in the world. Breakfast

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

After a good night’s sleep and enjoying a hearty b/fast, we proceed for our tour of Basantapur Durbar Square. Recorded by UNESCO as a cultural World Heritage site, Kathmandu Durbar Square is a bunch of medieval temples, palaces, courtyards and streets that date back to the 12th and 18th centuries. within this square we will find Hanumandhoka Palace Museum, Taleju Temple, Kumari Ghar (House of the Living Goddess), Kasthamandap and other temples and buildings as old as the city itself; from here we head for a tour of the famous Boudhanath Stupa

{said to be the largest in the world) and a major centre of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos).

We next drive down to Swayambhunath {**popularly known as Monkey Temple}** "Swayambhu" means **"self-created"** and refers to the myth that the hill sprung up suddenly from a great lake that once covered Kathmandu Valley. Our next destination is Pashupatinath Temple. This temple is dedicated to Hindu deity Lord Shiva and is said to be the most holy Hindu shrine in Nepal. We then wrap up our Heritage tour with a trip to Patan which is one of the three medieval cities in Kathmandu and a destination for connoisseurs of great arts. We return back to our hotel, refresh, and maybe do some shopping, have an early supper and retire to bed, most probably. Breakfast

Day 03:: Drive to Besisahar by private car – Approx. 5–6 hours (Altitude: 760m) – Lodge

After a hearty buffet breakfast at the hotel, we begin our westward journey toward the trailhead of our trek. Accompanied by our experienced Sherpa guide and support team, we drive for about three hours to reach the bustling crossroads town of Mugling, where we'll stop for an early lunch at a local roadside restaurant.

From **Mugling,** the road winds alongside the Marsyangdi River as we pass through the quiet town of Dumre before continuing toward **Besisahar.** The drive, covering approximately 185 kilometers, takes around six hours in total from Kathmandu.

As we near Besisahar, the landscape shifts dramatically—the air feels fresher, and the distant snow-clad peaks of Lamjung Himal emerge into view, offering a stunning introduction to the Himalayas. Upon arrival, we'll take some time to explore the surrounding villages and soak in the tranquil atmosphere before settling in for the evening.

Day 04:: Scenic Drive: Besisahar to Dharapani (1,960m / 6,430ft) – Around 4–5- Lodge

- **Elevation:** 1,960 meters (6,430 feet)
- **Travel Time:** 4–5 hours by jeep
- **Distance:** 35–40 kilometers

After a hearty breakfast, we'll set off on an adventurous drive from Besisahar to Dharapani in a shared jeep. This off-road route winds its way through the dramatic Marsyangdi River valley, taking us deep into the heart of the Annapurna region. Though the terrain can be rugged and bumpy, the journey is rich with stunning views and cultural glimpses.

Along the way, we'll pass through a string of quaint hillside villages—**Syange, Jagat, Chamje, and Tal**—each offering its own charm and slice of mountain life. Towering cliffs, cascading waterfalls, and terraced fields create a postcard-perfect backdrop throughout the ride.

By afternoon, we'll arrive in Dharapani, a peaceful mountain settlement nestled at nearly 2,000 meters. Here, you'll settle into a cozy lodge where you can rest, unwind, and soak in the serene surroundings before the next leg of the adventure.

Day 05:: Trek from Dharapani to Chame (2,670m / 8,760ft) – Approx. 5–6 Hours-Lodge]

After a restful night in Dharapani and a hearty breakfast, we begin our first day on foot. The trail leads us through lush pine forests and picturesque villages like Bagarchhap, Danakyu, and Timang, where stunning views of Manaslu and Lamjung Himal unfold before us. As we gain altitude, Tibetan culture starts to reveal itself in the architecture and daily life. Passing through Thanchowk and Koto, we eventually reach Chame—the administrative heart of the Manang District. Here, we'll unwind at a comfortable lodge and prepare for the next day's adventure.

Day 06:: Trek from Chame to Upper Pisang (3,300m / 10,827ft) – Approx. 4–6 Hours-Lodge

Wake up to crisp mountain air in Chame and fuel up with a hearty breakfast—because today's trail is nothing short of stunning. Once your bags are packed and boots laced, we'll set off, crossing swaying suspension bridges over

the Marsyangdi River and weaving through dense pine forests.

The path gradually climbs, revealing jaw-dropping vistas of the Annapurna and Manaslu ranges. We'll wander past the apple orchards of Bhratang, and if we're lucky, catch the scent of fresh cider in the air! As we gain altitude, the landscape shifts—more rugged, more dramatic, and with every step, the mountains seem to get closer.

Upper Pisang awaits us perched high above, offering some of the best panoramic views in the region. The village itself feels like a postcard—traditional stone houses, fluttering prayer flags, and a backdrop that'll make you forget the word "ordinary" exists. Tonight, we rest in one of the coziest lodges, soaking in those epic mountain views that stretch endlessly across the horizon.

Day 07:: Trek from Upper Pisang to Manang (3,540m / 11,614ft) – Approx. 6–7 Hrs-Lodge

With the morning sun lighting up the peaks, we set out from Upper Pisang for one of the most rewarding stretches of the Annapurna Circuit. Our trail climbs steadily toward the villages of Ghyaru and Ngawal—both perched high above the valley, offering jaw-dropping views that'll stop you in your tracks. Expect to be surrounded by a wall of giants: Annapurna II, III, IV, and the towering Tilicho Peak dominate the skyline.

This higher route is tougher than the lower trail, but every step comes with a reward—quaint stone villages, fluttering prayer flags, peaceful monasteries, and vast Himalayan landscapes that feel like they're straight out of a dream.

By afternoon, we descend gently into **Manang**, a bustling little mountain town that feels like a hidden fortress nestled among giants. Here, you'll enjoy a warm welcome, a filling meal, and a well-earned rest in one of the coziest lodges in the region—your home base for the next leg of the adventure.

Day 08:: Acclimatization day in Manang: Hike to Gangapurna Glacier or Praken Gompa-Lodge

Today is all about adjusting to the altitude and preparing your body for the higher elevations ahead. Our experienced Sherpa guide—who brings over two decades of mountain expertise—will keep a close eye on your condition, ensuring you're acclimatizing well and staying healthy.

To support the acclimatization process, we'll take a short but scenic day hike. You can choose between two excellent options: a trek up to the stunning Gangapurna Glacier and its turquoise glacial lake, or a spiritual climb to Praken Gompa, a cliffside monastery with sweeping views over the valley and surrounding peaks. If you're up for it, you may even do both.

The goal is to stay active while gaining a bit more elevation before returning to sleep at Manang's lower altitude. Throughout the day, enjoy the care and companionship of your Sherpa guide, breathtaking scenery, and a relaxing return to your cozy lodge.

Day 09:: Trek from Manang to Yak Kharka (4,050m / 13,287ft) – Approx. 3–4 Hrs.-Lodge

After two restful nights in Manang to acclimatize, we continue our ascent deeper into the Himalayas. Today's trek is relatively short but rewarding, taking us around 9 kilometers toward Yak Kharka. The trail begins with a gentle climb out of Manang, following the flow of the Marsyangdi River and offering sweeping views of the Annapurna and Gangapurna ranges.

As we gain elevation, the terrain begins to shift—lush greenery gives way to more alpine surroundings, with scattered juniper bushes and open yak pastures. Along the way, we cross the Jharsang Khola via a sturdy wooden bridge before continuing toward our destination.

Yak Kharka, a high-altitude pastureland used by herders during the monsoon, sits peacefully at 4,050 meters. Surrounded by rugged hills and open skies, it's the perfect place to relax, acclimatize further, and take in the serene Himalayan atmosphere before the next day's climb toward Thorong La.

Day 10:: Trek from Yak Kharka to Thorong Phedi (4,450M/14,600 ft)-Approx. 4-5 hrs.-Lodge

After breakfast, we hit the trail from Yak Kharka, making our way toward Thorong Phedi. The first stop along the way is a small village called Ledar, which we reach after a steady climb. From there, the path gets more dramatic as we hike along narrow cliffside trails, soaking in some jaw-dropping views of the surrounding peaks. Eventually, we arrive at Thorong Phedi — a key stopover before tackling the infamous Thorong La Pass.

Though there are lodges up at High Camp, our decades of experience say it's best to overnight here at Phedi. It sits at about 14,600 feet, and spending the night helps your body adjust better to the altitude before the big climb.

Throughout the hike, we're treated to stunning vistas of mountains like Mt. Gundang, Mt. Syagang, Thorung Peak, and Mt. Khatungkan. Fun fact: "Phedi" means "base" or "foot" in Nepali — pretty fitting since this spot marks the base of our next big ascent.

The terrain gets noticeably rougher here, giving you a glimpse of what's coming tomorrow. After an early dinner, plan to turn in early — we'll be up before dawn, starting our push to the pass around 4 AM. Get ready — the next day is a big one!

Day 11:: Cross Thorung-La pass (5416m) & Trek down to Muktinath (3760m)-8/9 hrs-Lodge

We're up bright and early—like, real early. At 4 a.m., we'll be gearing up with headlamps on, hot coffee or tea in hand, and a packed breakfast to fuel the climb. It's crucial to start early to beat the strong winds that usually roll in by late morning at high altitude. Thankfully, our experienced Sherpa guide will lead the way up from Thorong Phedi.

The trail is steep and definitely a challenge, but it's well-marked and has been used by local communities for generations. After about 4 hours of steady climbing, we reach the iconic Thorong-La Pass. At 5,416 meters, it's the highest point of the trek—and the views are absolutely unreal. Prayer flags flutter in the wind, and you'll get sweeping vistas of the Annapurna range, the rugged Mustang region, and the vast Kali Gandaki Valley far below. It's one of those "wow" moments you'll never forget.

From the pass, we begin our descent toward Muktinath. The downhill section is pretty straightforward, but it's tough on the knees—so take your time and use trekking poles if you've got them. The views on the way down are amazing, too—Dhaulagiri, Tukuche Peak, and Nilgiri all make an appearance.

After about 3 hours of descending (and dropping nearly 1,600m), we reach Muktinath, a sacred village known for its spiritual energy and significance to Hindu pilgrims. It's the perfect place to catch your breath, reflect on the journey so far, and rest up for what's next.

Day 12:: Drive from Muktinath (3,760m / 12,336 ft) to Tatopani (1,200m / 3,937 ft)- Lodge

After enjoying a calm morning and breakfast in the sacred village of Muktinath (3,760m), your journey shifts from rugged mountain trails to a scenic descent into Nepal's greener, more temperate lowlands. Today, a private jeep ride of around 3 to 4 hours will take you on a breathtaking route toward Tatopani (1,200m)—a lush riverside village famous for its natural hot springs.

As we leave the arid **Mustang landscape behind**, the terrain transforms dramatically—dry cliffs give way to pine forests, cascading waterfalls, and terraced hillsides. On the way, we'll take a brief detour to the **peaceful Dhumba Lake**, a hidden turquoise gem nestled near Jomsom. It's a perfect photo stop and a place to pause in silence, surrounded by untouched alpine beauty.

Midday, we'll stop at **Marpha, the "Apple Capital" of Nepal**, known for its delicious apple pies, brandy, and beautifully preserved stone houses. You'll stroll its narrow cobbled lanes, perhaps visit a monastery, and enjoy a hearty local lunch amidst Tibetan-influenced architecture and warm hospitality.

The drive continues through the dramatic **Kali Gandaki Gorge**—a jaw-dropping canyon flanked by the towering peaks of Dhaulagiri and Annapurna. Along the way, charming villages like Tukuche, Kalopani, and Ghasa pass by, each offering postcard-perfect views and glimpses of Himalayan village life.

By late afternoon, we'll arrive at **Tatopani,** where your reward awaits: a soak in the village's soothing natural hot springs—a traditional stop for trekkers to relax aching muscles. Surrounded by greenery and the sound of the river, it's the perfect end to a day of shifting landscapes and unforgettable sights.

Tonight, you'll settle into a cozy lodge in Tatopani, resting peacefully beneath the stars and the distant roar of Himalayan waterfalls.

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

After enjoying breakfast at your lodge in Tatopani, we'll set off on a scenic jeep ride to **Chitre (2,390m)**. The drive takes about 2 hours, winding through lush hills, terraced farmland, and charming villages. While it's possible to trek this section, we recommend the jeep ride, as the full walk from Tatopani to Ghorepani is long and strenuous—especially after days of trekking.

Upon reaching Chitre, we'll begin a 2-hour uphill trek to **Ghorepani**, a picturesque village nestled in the heart of the rhododendron forest. The trail offers refreshing mountain air, birdsong, and gradual views of the Annapurna and Dhaulagiri ranges peeking through the trees.

Ghorepani is truly one of the most beautiful spots on the trek—known for its vibrant blue lodges, panoramic Himalayan views, and peaceful atmosphere. After checking into your cozy mountain lodge, enjoy a warm meal and prepare for the next day's highlight: the sunrise hike to Poon Hill.

Overnight at a lodge in Ghorepani, surrounded by alpine charm and crisp mountain serenity.

Day 14:: Hike to Poon Hill (3,210m / 10,531 ft) & Trek to Tadapani (2,690m / 8,860 ft)

Today starts early—like really early—as we head up to Poon Hill for a front-row seat to one of the most stunning sunrises you'll ever see. It might be a bit of a groggy start, but trust me, it's so worth it when you're standing there, watching the first rays of sunlight hit the Annapurna and Dhaulagiri ranges. The view is absolutely magical.

From Poon Hill, you'll get panoramic views stretching all the way to Mustang and Pokhara, with more than 20 towering peaks visible in the distance. After soaking in all that beauty (and having a hot cup of coffee to warm up), we head back down to Ghorepani for a well-deserved breakfast.

Refueled, we continue our trek eastward, climbing a bit before descending through lush rhododendron forests and passing some beautiful waterfalls. The trail takes us through a peaceful, wooded landscape, and after about 4 to 5 hours, we arrive at **Tadapani.** Here, we'll settle into our lodge for the night, resting up and enjoying the serenity before another day of trekking.

Day 15:: Trek from Tadapani - Chomrong (2170m/7120ft). 4-5 hours trek. Overnight stay at Lodge.

After a hearty breakfast to start the day, we'll hit the trail again, heading downhill through lush forests of rhododendron and oak. As we trek, the beauty of the surroundings unfolds—each step offering more breathtaking views of the landscape.

By midday, we'll reach the charming **Gurung village of Chhomrong**. This high-altitude village is the perfect spot to stop for lunch, take in the views, and relax. Annapurna South and Machhapuchhre (also known as Fishtail) greet us from the horizon, while the towering Annapurna I and Manaslu peaks shimmer in the daylight, reminding us just how massive and awe-inspiring these mountains really are.

From **Chhomrong,** the views just keep getting better. The trail provides sweeping vistas of the Kali Gandaki

Gorge—one of the deepest gorges in the world, plunging over 6,000 meters. We'll also catch a glimpse of the natural boundary between Nepal and Tibet, marked by the dramatic trans-Himalayan ranges. It's a powerful sight, reinforcing the sheer scale and majesty of the Himalayas.

Day 16:: Trek from Chhomrong to Dovan (2,580m/ 8465 ft.) 5-6 hours- Lodge.

We kick off today's trek by heading down a steep stone staircase that leads us to the peaceful Chhomrong Khola. From there, the trail winds through beautiful terraced fields, offering some pretty epic views, and eventually leads into a dense forest full of bamboo and blooming rhododendrons—especially stunning in spring.

As we climb up toward Sinuwa Hilltop, the air feels noticeably cooler and fresher. Keep your eyes peeled—this stretch of forest is home to playful monkeys that sometimes swing through the trees, adding a little fun to the journey.

The trail then hugs the side of the valley, giving us wide, sweeping views of the lush surroundings. After that, we descend gently into the quiet little stop of Bamboo (2,310m), where we can take a break and grab a snack or tea.

Refreshed, we make one last push—about an hour and a half of steady uphill hiking—until we reach Dovan, our home for the night. At 2,580 meters (8,465 feet), it's a peaceful spot surrounded by forest and mountains, perfect for resting up and soaking in the calm before we head deeper into the Annapurna Sanctuary.

Day 17:: Trek from Dovan (2,580M/8,465 feet) to Deurali (3,230m / 10,595 ft)- Lodge

Today's trek takes us through a peaceful bamboo forest, where the air is cool and crisp. The climb is steady and gradual, giving us a break from the steeper sections we've encountered so far. As we make our way, we reach Himalaya Hotel, and the forest starts to thin out, allowing the sun to warm us up. From here, we're treated to stunning views of the glacial river below.

We continue on, climbing through a drier forest before reaching Hinku Cave. The view here is a highlight of the day, as the trail dips down toward the river before heading back up toward Deurali. This section of the hike offers some of the best scenery, with wide-open spaces, dramatic cliffs, and beautiful waterfalls cascading down the rocks. The landscape feels almost otherworldly, with the river winding its way through the valley beneath towering peaks.

We arrive at Deurali, our stop for the night, surrounded by breathtaking views and the tranquility of the mountains. It's the perfect spot to rest, soak in the beauty, and prepare for the next leg of our adventure.

Day 18:: Trek to Annapurna Base Camp (4,130m / 13,545 ft)- Approx. 3-4 Hours- Lodge

Today's trek is short but packed with unforgettable moments. We start by gently climbing out of Deurali, following the riverbed for a bit before the trail shifts into a steady ascent along the side of the mountain. In some spots, the trail hugs steep cliffs, adding a little excitement to the hike.

Soon we reach **Machhapuchhre Base Camp (MBC) at 3,700 meters,** where the views really open up. Surrounded by some of the most iconic Himalayan giants—Hiunchuli, Annapurna South, Annapurna I, Annapurna III, Gandharvachuli, and Gangapurna—we take a well-earned break to soak it all in.

From MBC, we turn left and continue on a gradual uphill trail toward **Annapurna Base Camp (ABC).** The landscape feels almost surreal here, as we enter a natural amphitheater of snow-covered peaks that rise dramatically around us. With every step, the views just get better.

By the time we arrive at ABC, we're standing right beneath Annapurna I, the 10th highest mountain in the world. Surrounded on all sides by massive peaks, it's hard not to feel small—and incredibly lucky to be here. We settle in for the night at a lodge right at base camp, with 360-degree mountain views that will stay with us forever.

Day 19:: Trek back to Bamboo (2310m/7578ft) from Annapurna Base Camp 5-6 hours- Lodge

If you're up for it, start your day early—you won't want to miss the sunrise at Annapurna Base Camp. As the first light hits the snow-capped peaks all around, it's pure magic. After soaking it in and grabbing breakfast at the lodge, we begin our descent from the heart of the Himalayas.

The trail winds back down past Machhapuchhre Base Camp, and then on to Deurali, where we usually stop for lunch. The views on the way down feel totally different, but just as spectacular—this time you get to see the valley open up in front of you as you go.

After lunch, the trail drops down more steeply alongside the Modi Khola river. The change in altitude becomes more noticeable as we re-enter thicker forest and feel the temperature start to rise. By late afternoon, we arrive at Bamboo—a cozy little spot nestled in the forest. The air is warmer, the vibes are mellow, and it's the perfect place to rest up after a long day on the trail.

Day 20:: Trek from Bamboo to Jhinu Danda (1760m/5770 ft): Approx. 5 - 6 hours - Lodge

We kick off the day by leaving Bamboo and heading uphill toward Kuldighar, a steady climb that gets the blood pumping. From there, the trail leads us down through a peaceful forest path toward Chhomrong Khola, a river crossing tucked into the valley.

After crossing the river, we tackle a long series of stone steps leading up to the beautiful village of Chhomrong, where we'll take a break and enjoy the mountain views and maybe a cup of tea.

The second half of the day takes us downhill again as we descend toward Jhinu Danda, our stop for the night. It's a relaxing end to the hike, especially with what's waiting for us there—a short 15–20 minute hike below the village takes us to natural hot springs, tucked beside the river. The warm pools are perfect for soaking sore legs and unwinding after a full day on the trail.

We'll spend the night in Jhinu Danda, surrounded by nature, with the sound of the river and mountains all around. It's the ideal place to rest up before wrapping up the final days of our trek.

Day 21:: Drive to Pokhara by private Jeep + one-hour Ayurvedic massage- Hotel

After a hearty breakfast at the lodge, we'll board our private 4WD jeep and begin the scenic drive back to **Pokhara**—a journey of about **2 to 3 hours t**hrough the wild beauty of the Himalayan foothills. Though the road winds through rugged terrain—complete with river crossings, bumpy stretches, and twisting mountain tracks—our experienced drivers and top-maintained vehicles ensure a safe, comfortable, and adventurous ride.

As the jeep descends from the highlands, take in your final panoramic views of the Annapurna range, forested ridgelines, and terraced villages that seem carved from another time. It's a last, soul-stirring goodbye to the mountains that have been your home and challenge—an emotional and visual send-off.

Upon arriving in Pokhara, you'll check into one of the city's finest l**uxury hotels near Phewa Lake,** where comfort, style, and serenity welcome you. After freshening up, the afternoon is yours—whether to wander the colorful Lakeside promenade, sip coffee by the water, or simply unwind with your own thoughts.

To help you fully recover and recharge, we've arranged a **one-hour Ayurvedic massage** at a trusted wellness center. Let expert hands ease your tired muscles and soothe away any remaining soreness from the trek—a perfect blend of tradition and relaxation.

This day isn't just about coming back—it's a soft landing from the heights of adventure, gently transitioning you from Himalayan trails to lakeside tranquility, in pure comfort and care.

Day 22:: City tour in Pokhara & Transfer to Airport & Flight Back to Kathmandu - Hotel

After enjoying breakfast at your hotel, we'll begin a **relaxed sightseeing tour of Pokhara,** taking in some of the city's most fascinating landmarks. First, we'll visit Devi's Fall, a powerful and mysterious underground waterfall, followed by a stop at the nearby **Tibetan Refugee Camp**, where you can learn about the lives and crafts of Tibetan exiles. Next, we'll head to the **International Mountain Museum**, which offers deep insights into the Himalayas, mountaineering history, and the diverse cultures of the mountain people you encountered during your trek.

Following the city tour, you'll be transferred to Pokhara Airport for your **scenic 25-minute flight** to Kathmandu. Upon arrival in Kathmandu, our representative will be waiting to greet you and **transfer you to your hotel**. After check-in, you'll have free time to explore the vibrant Thamel area, known for its colorful shops, cafes, and cultural buzz.

This final day is a wonderful opportunity to **soak in the cultural richness of Nepal**, a country that is not only a trekker's paradise but also a land of deep history, spiritual traditions, and artistic heritage.

Day 23:: Drive to the Airport to head back to that lovely place we call 'home''

After b/fast, our rep and office vehicle will be on standby at our hotel to transfer us to the airport for our connecting flight home. Serving you was a wonderful joy and pleasure, we at Mountain Sherpa Trekking and Expeditionswill cherish the bonds of our relationship created over the time you spent with us and we thank you for choosing us as your travel partner and for visiting this amazing country Nepal. This thrilling adventure in the amazing Annapurna region will give you lifetime memories of a vacation worth its weight in gold. Adios friends! Till we meet again.
Breakfast

Cost Includes

Transportation & Hotels As Detailed Below:

- Private Transport: Enjoy private car service with a guide for both airport pickup and drop-off. All ground transportation before and after the trek will be provided in a comfortable private vehicle.
- Kathmandu Hotel: Stay 3 nights in a premium 4- or 5-star hotel in Kathmandu, including daily breakfast (based on your selected package).
- Trek Accommodations: Spend 18 nights in the best available lodges along the trekking route, with attached bathrooms and hot showers where available.
- Pokhara Stay: Relax for 1 night in a premium 4- or 5-star hotel in Pokhara, including daily breakfast (based on your selected package).
- Convenient Domestic Flight: Skip the long drive and enjoy a scenic, time-saving flight from Pokhara to Kathmandu—giving you more time to explore and relax.

Meals & Drinks Included As Per Below

- Enjoy four hygienic breakfasts during your city stays, as outlined in the itinerary.
- During the trek, you'll be served three freshly prepared meals daily—breakfast, lunch, and dinner—with a range of menu options, giving you the freedom to choose what suits your taste and energy needs.
- To keep you warm and refreshed, we provide unlimited hot drinks every day—choose from tea, hot lemon, coffee, or whatever keeps you cozy.
- As a warm welcome to Nepal, we will provide you with a traditional Nepali dinner accompanied by a cultural show at a local restaurant.
- Safe drinking water (3–4 liters per day) and fresh fruit will be provided daily for your health and well-being.Upon reaching the lodge, you'll be welcomed with snacks, including biscuits, to help you recharge after your trek.

Staff Wages, Insurance & All Permits Included

- We proudly offer the highest daily pay to our Sherpa guides and porters, and we fully cover their insurance—because taking care of our team is our top priority
- Annapurna Conservation entry permit fee and TIMS Card fees are included
- A full-day Kathmandu and half-day Pokhara city tour with a private guide and driver—an immersive experience to explore Nepal's rich heritage and vibrant local life, all included in your package.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.
- A one-hour boating experience on Fewa Lake is included to help you enjoy the very best of Pokhara.

Experienced Sherpa Guides & Porters Included

- Our experienced, responsible, honest, and friendly Sherpa guides are the heart of your trekking journey—offering flexible support, ensuring your safety, and delivering an unforgettable experience from start to finish. A great guide is the key to making your trek truly exceptional.
- You'll be supported by hardworking, trustworthy porters (one porter for every two trekkers) who will carry your luggage and handle your belongings with the utmost care and honesty throughout the entire trek.

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle, and Walking pole.
- Warm sleeping bags and down jackets will be provided if required.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for measuring oxygen saturation and heart rates

Value Added Service (VAS) By MSTE

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

WHAT'S NOT INCLUDED

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