

# Annapurna sanctuary trek - 14 Days (all-inclusive)

## 3 Star Hotel Package

**1400**<sup>USD</sup>  
per person

\*Including healthy meals

## 5 Star Hotel Package

**1700**<sup>USD</sup>  
per person

\*Including healthy meals

**Trip Style:** City Tour and Trekking



**Trip Difficulty:** Moderate

**Discover the enchanting beauty of the Annapurna Sanctuary, a hidden gem surrounded by majestic peaks, on a journey that promises unforgettable landscapes and a lifetime of adventure.**

The **Annapurna Sanctuary Trek**, including the breathtaking viewpoints of Poon Hill and Ghorepani, promises an unforgettable journey through the stunning landscapes of the **Annapurna region in Nepal**. This adventure showcases the grandeur of the Himalayas, featuring iconic peaks such as Mount Annapurna, Dhaulagiri, Machapuchare, and other breathtaking summits. More than just a trek, it offers a chance to immerse yourself in the rich Gurung and Magar cultures.

## Embark on a Scenic Journey: From Kathmandu to Ghorepani via Pokhara

Your adventure commences with a scenic flight to Pokhara, following a two-night stay in Kathmandu, which includes a one-day cultural tour of the city. From the picturesque city of Pokhara, you will be transferred to the trekking starting point, Tikhedhunga, by a private jeep. Situated at an altitude of 1520m, Tikhedhunga is a charming village along the route to Ghorepani. On the first day of our trek, we ascend to Ulleri, and on the following day, we continue our trek to Ghorepani.

## Poon Hill: A Breathtaking Vista of Annapurna and Dhaulagiri Peaks on the Annapurna Sanctuary Trek

The highlight of the **Annapurna Sanctuary Trek** is the ascent to the crown jewel, Poon Hill, standing tall at an impressive 3,210 meters (10,532 feet). This vantage point provides a breathtaking panoramic spectacle of the majestic Annapurna and Dhaulagiri mountain ranges, making it an absolute must for trekkers. Poon Hill stands as an awe-inspiring destination, captivating trekkers with its stunning mountain vistas and making the journey an unforgettable experience.

## From Poon Hill to Annapurna Base Camp: A Journey Through Enchanting Landscapes

After savoring breathtaking views from Poon Hill, our trek route unfolds through diverse landscapes—enchanting rhododendron forests to expansive alpine meadows. Along the journey to Annapurna Base Camp (ABC), we traverse charming villages like Tadapani, Chhomrong, Bamboo, and Deurali, culminating in the majestic Annapurna Base Camp. This combined trek of Ghorepani Poon Hill and Annapurna Base Camp offers a remarkable experience, reaching an altitude of 4,130 meters. Celebrated for its varied scenery and sweeping mountain panoramas, the trek transforms Annapurna Base Camp into an absolutely spectacular destination.

## Unlocking the Beauty of Annapurna Sanctuary: Ideal Seasons for Your Himalayan Odyssey

The best time to do this Annapurna Sanctuary Trek are during Spring (March to May) and Autumn (September to

November). These seasons offer stable weather, clear trails free from monsoon hindrances, and pleasant temperatures for a remarkable trekking experience. While the trek is feasible year-round, however, exercising caution during the monsoon season (June to August) is advised due to heavy rainfall and potential trail challenges.

## Experience the Annapurna Sanctuary Trek with Mountain Sherpa Trekking: 26 Years of Unmatched Expertise and Personalized Service

With a legacy of 26 years in the region, Mountain Sherpa Trekking leads the **Annapurna Sanctuary trek** with unmatched expertise. Our seasoned Sherpa guides, having completed the trek over 100 times, possess profound knowledge of the trail, lodges, and surroundings. We prioritize your comfort by offering hot showers and selecting premier lodges. Moreover, enjoy the freedom to personalize your dining experience, distinguishing us from other companies, as our guides respect your choices without imposition.

DURATION: 14 days

## Trip Facts

### Arrival City

- Kathmandu, Nepal

### Departure City

- Kathmandu, Nepal

### Trek Region

- Annapurna Region

### Maximum Altitude

- 4130 m/13545 ft)

### Trip Durations

- 13 Night/14 Days

### Group Size

- 1-12 People

### Weather

- 7-20 degrees Celsius

### Accommodation

- Hotels & Local lodges

### Service Level

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

### Fitness Level

- Physical & Mentally Fit  
- Per Day Walk: 5-8 Hours  
- Walk, Run & Gym Work

### Best Time to Travel

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

### Meals

- Breakfast in City  
- 3 Meals daily during Trek  
- Hot Tea or Coffee

## ITINERARY

### Day 01.: Arrive Kathmandu (1,400m/4,600ft). Transfer to Hotel by private Car

Our trip to Nepal starts today. After checking your luggage and completing the visa processes, you need to exit the airport Terminal Gate where our guide and driver will be waiting. Please look for our Company Name displayed board outside the terminal gate. Upon our arrival at Kathmandu International Airport, our Airport Representative guide will warmly welcome you with silk scarves or garlands, following Sherpa customs.

A private and comfortable vehicle will transport us to our hotel, where we can rest. Upon check-in at the hotel, you will be offered complimentary welcome drinks such as tea, coffee, or any cold drinks/juices. The company manager will meet you at your preferred time and provide a briefing about the trip.

### Day 02.: Half Day Sightseeing in Kathmandu & Trek Preparation - Overnight stay at the hotel

After enjoying a good night's sleep and a hearty breakfast at our hotel, we will begin our excursion to two of the most popular **UNESCO World Heritage Sites**. These sites showcase Nepal's rich cultural and spiritual heritage. Our first stop will be a tour of the renowned **Boudhanath Stupa**, which is said to be the largest stupa in the world and an important center of Tibetan culture in Kathmandu. The stupa is designed in the form of a grand mandala,

representing the Buddhist cosmos.

Our next destination is **Pashupatinath Temple**, a sacred Hindu temple dedicated to Lord Shiva. It is considered the holiest Hindu shrine in Nepal. Here, we will witness the cremation rituals performed at the 'Aryaghat,' the designated cremation area of the temple. This cremation site is used not only for the royal family of Nepal but also for the common Nepalese people residing in the country.

In the late afternoon, we will visit Thamel, where you can purchase or rent any necessary trekking gear. Our guide will assist you in finding the best shops to buy or rent the gear required for your trek. Afterward, we will return to our hotel, freshen up, and prepare our trekking baggage.

**In the evening, we warmly welcome you to our home for a delightful Sherpa feast, where the tantalizing flavors of authentic Sherpa cuisine await your taste buds. This intimate setting provides the perfect opportunity to engage in meaningful conversations and gain valuable insights into the renowned Annapurna trekking trails and the rich Sherpa culture.**

**Day 03:: Fly to Pokhara (827 m) & drive to Tikhedhunga and trek to Ulleri (2050 m/6725 ft)- Lodge**

**Approx. Time:** 30 Minute flights **Jeep Drive:** 3 hrs. **Approx. Walking:** 2 hours. **Highest Altitude:** Ulleri (2050 m/6725 ft)

**Flying to Pokhara from Kathmandu is highly recommended as it is just a 25-minute flight. In contrast, traveling by bus can take approximately 7-8 hours. Therefore, our trek package includes round-trip flights from Kathmandu to Pokhara to ensure the comfort and convenience of our valued guests.**

After breakfast, we will pick you up from the hotel and drop you off at the domestic airport for a short but very picturesque flight to Pokhara. From the right side of our airplane, we can catch amazing views of the Himalayas. Pokhara is a beautiful lake city, and we will be rewarded with magnificent views of the Himalayas, including Dhaulagiri, Manaslu, Machhapuchhare, the five peaks of Annapurna, and others.

We will meet our Sherpa crew at Pokhara Airport, and then you will transfer to Tikhedhunga by Private Jeep. The journey takes about 3 hours from Pokhara and marks the starting point of our trek. The Ulleri Hill, with thousands of steps and stones constantly ascending, will truly test our stamina. We should arrive at Ulleri by late afternoon.

**While most trekkers start their trek from Nayapul, we highly advise you to drive up to Tikhedhunga and begin your trek from there. This is because starting from Nayapul would involve hiking on dusty roads initially, which may not provide a pleasant hiking experience.**

**Optional: You can also drive up to Ulleri by 4W Jeep ( if you would like to drive by Jeep up to Ulleri Please let us Know)**

**Day 04:: Trek from Ulleri to Ghorepani (2875 m/9,020 ft). 4-5 hours trek Overnight stay at Lodge**

**Approx. Walking:** 4-5 hours trek. **Approx. Distance:** 7.6 km **Highest Altitude:** Ghorepani (2874 m /9429 ft).

After having breakfast at the lodge in Ulleri, we will begin our climb towards the village of Ghorepani, passing through magnificent rhododendron blooms and impressive oak jungles. As we ascend, we are treated to stunning views, with Annapurna South looming large in our sight. Along the way, we pass waterfalls, tiny villages, and several teahouses before reaching Ghorepani, where we will spend the night.

In Ghorepani, we will stop at the upper part of the village, which offers panoramic views of the neighboring mountains, including Annapurna South and Nilgiri. The village has small shops where you can find local products such as handbags and crafts. **Wi-Fi is available** in Ghorepani Village. For our overnight stay, we will have rooms with **attached bathrooms and hot showers provided.**

**Day 05:: Hike Poon Hill (3210m/10531 ft.) & trek to Tadapani (2690 m/8,860ft).6-7 hours- lodge**

**Approx. Walking:** Poon Hill 1.5km (1 Hour).**Trek to Tadapani:** 4-5 hours **Approx. Distance:** 7.5 km **Highest Altitude:** Poon hill (3210m/10531 ft.)

Today, our journey begins early in the morning as we wake up to catch the sunrise over the Himalayas from the renowned viewpoint of **Poon Hill**. To make it in time, we have to rise early, but the breathtaking sights awaiting us make it all worthwhile. Poon Hill offers close-up views of the majestic Annapurna and Dhaulagiri ranges, allowing us to witness the sunrise illuminating these magnificent peaks.

From the vantage point of Poon Hill, we are also treated to unbelievable vistas of Mustang, Pokhara, and more than 20 of the highest peaks in the region. After savoring a cup of coffee while soaking in the panoramic beauty, we make our way back to **Ghorepani**. There, we have breakfast before continuing our trek to the east, ascending a ridge. Along the path, we descend through rhododendron jungles and pass by enchanting waterfalls until we reach **Tadapani**, where we will spend the night.

**Day 06: : Trek from Tadapani - Chomrong (2170m/7120ft). 4-5 hours trek. Overnight stay at Lodge.**

**Approx. Walking:**4-5 hours **Approx.Distance:** 7.6km **Highest Altitude:** Chomrong (2170 m/7120 ft).

After enjoying a satisfying breakfast, we will embark on another exciting day of trekking, this time descending through enchanting rhododendron and oak forests. As we make our way downhill, the captivating scenery unfolds before us, offering glimpses of the natural beauty that surrounds us.

By midday, we will reach the picturesque Gurung village of Chhomrong. This lofty settlement provides us with a perfect spot to pause for lunch and indulge in the breathtaking vistas that await us. The magnificent peaks of Annapurna South and Machhapuchhre, along with the majestic Annapurna I and Manaslu, bask in the glorious sunlight, creating a spectacle that fills our hearts with awe.

From **Chhomrong**, we are rewarded with even more stunning panoramas. The trail grants us mesmerizing views of the Kali Gandaki Gorge, a colossal abyss plunging 6,000 meters deep, as well as the visual demarcation between **Nepal and Tibet**, marked by the trans-Himalayan ranges. The sight of this natural border is nothing short of awe-inspiring, reminding us of the vastness and grandeur of the Himalayas.

**Day 07: : Trek from Chhomrong to Dovan (2,580m/ 8465 ft.) 5-6 hours. Overnight stay at Lodge.**

**Approx. Walking:** 4-5 hours **Approx. Distance:** 8 km **Highest Altitude:** Dovan (2,580m/ 8465 ft.)

Today, our journey takes us down a steep stone staircase, leading us towards the tranquil Chhomrong Khola. The path meanders through terraced fields, offering breathtaking views, and eventually enters a lush forest teeming with bamboo and vibrant rhododendron blooms. As we ascend towards the ridge crest at Sinuwa Hill Top, the air becomes crisp and refreshing.

Traversing through the enchanting forest, we keep an eye out for playful troops of monkeys, adding a touch of whimsy to our adventure. The trail gracefully contours along the side of the valley, providing us with sweeping vistas of the surrounding landscape. Afterward, we make a gentle descent and arrive at the cluster of welcoming lodges known as Bamboo (2310m).

With renewed energy, we embark on another ascent, climbing steadily for about an hour and a half until we reach our overnight sanctuary, Dovan. Nestled at an elevation of 2,580 meters (8,465 feet), Dovan greets us with its cozy lodgings, offering respite and a chance to rejuvenate amidst nature's embrace.

**During your journey, it is crucial to maintain a slow and steady pace, allowing yourself to fully immerse in the experience and ensuring your well-being. Our knowledgeable and experienced Sherpa guide will be by**

**your side, skillfully leading the way, prioritizing your safety, and emphasizing the importance of staying hydrated with an abundance of water throughout the trek.**

**Day 08: : Trek from Dovan to Deurali (3230 m/10,595 ft). 3-4 hours. Overnight stay at Lodge.**

**Approx. Walking:** 3-4 hours **Approx. Distance:** 5 km **Highest Altitude:** Deurali (3230 m/10,595 ft).

As we venture through the bamboo forest, a serene yet chilly environment engulfs us, prompting us to keep moving steadily. The ascent becomes more gradual, offering respite from steeper sections. Upon reaching the Himalaya Hotel, the forest gradually opens up, and we emerge into the warm embrace of the sun, greeted by awe-inspiring panoramas of the glacial river below.

A challenging climb through a drier forest lies ahead, leading us to Hinku Cave. From this vantage point, we are treated to a captivating sight as the trail descends closer to the river before ascending once again towards Deurali. This stretch stands as the pinnacle of scenic beauty throughout the day, with sparse vegetation allowing for enchanting views of the valley, the meandering river below, and the towering cliffs adorned with delicate, wispy waterfalls. Our overnight stay at Deurali promises to be a memorable experience amidst this breathtaking setting.

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**Day 09:: Trek to Annapurna Base Camp (4,130m/13,545ft) via M.B.C (3700m/12135ft): 3-4 hours. Lodge**

**Approx. Walking:** 3-4 hours **Approx. Distance:** 7 km **Highest Altitude:** (4130 m/13545 ft)

Today, we embark on a gentle climb, making our way through a river bed before transitioning to a stable ascent trail along the mountainside. The path hugs a rocky cliff, at times becoming vertical. After a while, we traverse a slightly flat stretch before ascending towards Machhapurchre Base Camp, where a spectacular panorama of Mt. Hiunchuli, Annapurna South, Annapurna I, Annapurna III, Gandharvachuli, and Gangapurna mountains unfolds before us.

From there, we turn left and continue our gradual ascent towards **Annapurna Base Camp**. Along the way, we are treated to breathtaking vistas of the majestic Himalayan range. As we hike further, we reach the base camp of Mt. Annapurna, a truly awe-inspiring sight. Towering peaks envelop us, and the only access to this remarkable area is through the valley we have just trekked. We spend the night at Annapurna Base Camp, savoring the beauty that surrounds us.

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**Day 10: : Trek back to Bamboo (2310m/7578ft) from Annapurna Base Camp 5-6 hours- Lodge**

**Approx. Walking:** 6-7 hours **Approx. Distance:** 16 km **Highest Altitude:** (2310m/7579ft).

For those seeking an extraordinary experience of breathtaking dawn views, we highly recommend an early wake-up call. The unparalleled beauty of the sunrise over the majestic mountains is worth any temporary discomfort. After enjoying breakfast at the lodge, we bid farewell to this captivating scenery and retrace our steps back to Machhapuchhre Basecamp. From there, we continue our journey to Deurali, where we pause for a well-deserved lunch after approximately three hours of walking. Following our meal, we embark on the descent along the Modi Khola, eventually reaching the welcoming embrace of **Bamboo (2310m/7579ft)** by late afternoon, where we can

relish the pleasant warmth of the surroundings.

**Day 11: : Trek from Bamboo to Jhinu Danda (1760m/5770 ft): 5 - 6 hours. Overnight stay at Lodge**

**Approx. Walking:** 5-6 hours **Approx. Distance:** 8.5 km **Highest Altitude:** (1760 m/5770 ft)

Leaving Bamboo behind, we embark on an uphill hike towards Kuldighar, followed by a pleasant downhill walk leading us to the picturesque Chhomrong Khola. As we ascend the stone steps, we arrive at the charming village of Chhomrong.

From there, our trail takes us on a descent towards Jhinu Danda, our rest stop for the night. The highlight of our day awaits us in the form of the rejuvenating hot springs nestled in Jhinu Danda. Three secluded pools of warm water, emerging from deep underground, provide the perfect remedy for our tired muscles after a long day's walk. Just a short 15-20 minute downhill stroll from Jhinu Danda, we will have the opportunity to indulge in the soothing embrace of the hot springs. It promises to be a well-deserved respite for our bodies. We will spend the night at Jhinu Danda, embracing the tranquility of the surroundings.

**Day 12: : Trek to Syauli Bhatti then drive to Pokhara by Private Jeep. Overnight stay at the hotel.**

As we make our way from Jhinu Danda to Naya Pul, we are treated to the mesmerizing hill landscapes of western Nepal, accompanied by a delicious lunch along the route. Crossing the sturdy Kimrong Khola bridge, we follow the stream's gentle flow until it meets the Modi Khola. While there are still some uphill sections as we navigate the folds of the river valley, our overall trend today is predominantly downhill.

Passing through terraced fields and quaint villages, we gradually return to civilization from the lofty mountains. Eventually, we reach Syauli Bhatti, where we encounter the jeep road. Boarding waiting vehicles, we embark on a relatively short drive to Pokhara, where our comfortable hotel near Phewa Tal awaits. After refreshing ourselves with a shower, we will have some leisure time to stroll along the lakeside or unwind in the gardens of the delightful lakeside restaurants, marveling at the magnificent views of the Annapurna range.

Compared to bustling Kathmandu, **Pokhara** exudes a laid-back ambiance, making it the perfect place to unwind at the conclusion of our trek. Renowned for its diverse dining options, we will venture out for a special meal this evening, savoring the culinary delights of this vibrant city.

**Day 13: : Flight to Kathmandu (1340 m), transfer to Hotel free day. overnight stay at Hotel**

After a nutritious buffet breakfast at the hotel in Pokhara, we will drive to Pokhara airport. It will be about 25 minutes on the flying. Flight from Kathmandu to Pokhara gives a great chance to experience the wonderful views of peaks such as Annapurna and Langtang and scenery flying the north over the snow-capped Himalaya and green Mahabharat range to the south will be thrilling.

Once you land at Kathmandu airport, our Tour guide will take you to Patan City. After the tour, you will have time to discover the Thamel area for the last-minute shop. At Thamel, We will give you a very unique Ayurvedic massage service. In the evening, there will be a farewell dinner at one of the most gorgeous restaurants to celebrate the successful accomplishment of our Annapurna Sanctuary Trek.

**Day 14: : Transfer to Airport for final departure to Home**

After breakfast, our Airport guide and office car will be ready at our hotel to transfer us to the airport for our connecting flight home. Helping you was delightful and pleasure, we at Mountain Sherpa Trekking and Expeditions will value the ties of our relationship created over the time you spent with us and we thank you for picking us as your travel partner and for visiting this amazing country Nepal. We hope, This fabulous trek in the amazing Annapurna region will give you lifetime memories of a holiday worth its weight in gold. Adios friends! Till we meet again.

## **Cost Includes**

### **Transports & Accommodations**

- Enjoy four comfortable nights in a centrally located city hotel with free local guide services to explore tourist and local markets.
- We accommodate you for 9 nights in best lodges during trek, including 4 nights in rooms equipped with attached bathrooms and hot showers for added comfort.
- We provide on-time airport pickup and drop-off by private car, as well as all ground transfers by private jeep before the trek starts and after the trek ends.
- Kathmandu-Pokhara-Kathmandu round-trip flight, including airport drop-off and pickup service.

### **Meals & Drinks Included As Per Below**

- Four hygienic breakfasts in the city are included as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, offering self-choice options for a delightful and nourishing trekking experience.
- Unlimited warm beverages, such as tea, hot lemon, hot chocolate, or coffee of your choice, will be provided every day to keep you cozy throughout your journey.
- We offer a warm welcome dinner with two options: you can either join dinner at our home with a Sherpa family, or you can choose to dine at a typical Nepali restaurant with a cultural dinner show.

### **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.

### **Best Sherpa Guide & Porters Will Be Provided**

- Responsible, truthful, friendly, and flexible Sherpa guides will be provided for the entire trek, ensuring your safety and an enjoyable trekking experience.
- Hardworking and trustworthy porters will be provided (1 porter for 2 people) who will carry your luggage and take care of it throughout the entire trek.

### **Staff Pay, Insurance & Required Permits**

- Pay and insurance for guide and support staff
- Annapurna Conservation entry permit fee and TIMS Card fees are included
- A half-day cultural tour in Kathmandu, inclusive of a tour guide and driver, is included in the price. Immerse yourself in the local culture, gaining familiarity with the environment before your trek.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

### **Value Added Service (VAS) By MSTE**

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



souvenirs at both wholesale and local prices.

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## WHAT'S NOT INCLUDED

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

## Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation

## Vital Information

### Why Book with MST

## Why I Book My Annapurna Sanctuary 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.

The Mountain Sherpa Foundation (MSF) places great importance on providing scholarships to underprivileged students. To date, the foundation has awarded [scholarships to 140 deserving students from all seven wards of Mapya Dudhkoshi Rural Municipality](#). These scholarships open doors to educational opportunities that would otherwise be out of reach for these students, empowering them to pursue their dreams and ambitions.

In addition, the MSF actively organizes regular medical health camps in remote villages across Nepal. These camps play a vital role in delivering essential healthcare services to communities that lack convenient access to medical facilities. By reaching out to these underserved areas, the foundation strives to improve the overall health and well-being of the local population.

### 3). Quality Run Journeys

Unlike many other companies, at Mountain Sherpa Trekking, we believe in giving you the freedom to choose your meals during your trek in Nepal. Our **Sherpa guides** will not control the food menu, allowing you to select dishes according to your personal taste from the lodge menu. This means you won't be limited to eating the same food for every meal, as we understand the importance of offering variety and catering to individual preferences.

As part of the trip price, our guides will ensure that you are provided with sufficient meals throughout your trek. We prioritize offering good quality lodge accommodations and ensuring that the food provided is hygienic. We understand that having access to nutritious and safe meals is crucial for the success and enjoyment of your trekking experience in the Himalayas.

Rest assured, we strive to provide you with a diverse selection of food options and ensure that your dietary needs and preferences are taken into consideration. Your satisfaction and well-being are our top priorities during your journey with us.

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

The invaluable support of porters is what enables many individuals to take on the challenges of these treks. They

play a vital role in lifting heavy loads, preparing for the journey, and providing encouragement along the way. At Mountain Sherpa Trekking & Expeditions, our appreciation for porters is deeply ingrained, as they are the backbone of our company and the reason why Pasang Sherpa established our organization. Having started his career as a porter, Pasang Sherpa understands their needs like no other.

We are committed to improving the lives of our staff members and porters. This commitment entails providing them with better salaries, supplying all necessary gear, including warm clothing and proper hiking shoes for high-altitude treks, and ensuring suitable lodging arrangements.

Moreover, we extend our support to the families of our staff members by assisting their village schools and providing school materials for their children. Additionally, we contribute to the local health clinic in their villages, ensuring access to essential medical supplies.

By investing in the well-being and livelihoods of our staff members and their families, we strive to create a positive and sustainable impact in the communities we operate in. We value the dedication and hard work of our porters and are committed to offering them a brighter future.

## 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 Sanctuary trek** includes three nights of deluxe accommodations in Kathmandu and one night of deluxe accommodations in Pokhara at comfortable and luxurious hotels. We understand that finding the best accommodation is crucial for a successful trip, which is why we have carefully selected these hotels to ensure cleanliness, ideal locations, and excellent value for your money.

Our handpicked **luxury 5-star hotels** offer a wide array of exceptional services and modern amenities. You can expect a peaceful and relaxed atmosphere, ensuring privacy when desired, and attentive service throughout your stay. Additionally, after your trek, you can treat yourself to a relaxing spa day at our 5-star hotel in Kathmandu or simply unwind in the serene ambiance of a tranquil garden resort.

We offer two different package options to cater to your preferences and needs. Please find the outlined options below:

### **3 Star Hotel Package: Starting from \$1400 USD Per Person**

- This package includes 3-star category hotel accommodations in Kathmandu and Pokhara before and after the trek.
- The selected hotels in this package provide comfortable and clean rooms, ensuring a pleasant stay.

### **5 Star Hotel Package: Starting from \$1700 USD Per Person**

- This package includes 5-star category hotel accommodations in Kathmandu and Pokhara before and after the trek.
- The chosen luxury hotels offer a higher level of sophistication, exceptional services, and modern amenities for a more luxurious experience.

Both packages are thoughtfully designed to offer quality accommodations that cater to various budget preferences. You can rest assured that regardless of the package you choose, we prioritize selecting hotels that maintain a high standard of comfort, safety, hygiene, and offer convenient facilities. Additionally, the hotels we choose provide safe and hygienic food options to ensure a pleasant and worry-free dining experience during your stay in Kathmandu and Pokhara.

## **Here are the options for 3-star and 5-star hotels in Kathmandu and Pokhara:**

### **KATHMANDU 3-STAR HOTEL OPTIONS:**

- **Sampada Garden Hotel:** Located in a peaceful area in Lazimpat, Kathmandu. It is a 15-20 minute walk from Thamel, the vibrant tourist hub.
- **Mandala Boutique Hotel:** Situated at Chhetrapati, just a 3-5 minute walk from Thamel, this boutique hotel offers convenience and comfort.

### **POKHARA 3-STAR HOTEL OPTIONS:**

- **Hotel City Inn:** Located in the heart of the lakeside area in Pokhara, this hotel provides easy access to the lakeside attractions and offers a pleasant stay.

- **Hotel Splendid View:** Situated in Phewa Lake, Hotel Splendid View offers a picturesque setting and a chance to experience Pokhara and its surroundings.

### **KATHMANDU 5-STAR HOTEL OPTIONS:**

- **Marriott Kathmandu:** Located in Naxal, Kathmandu, this hotel combines modern design with local creativity, ensuring a luxurious and comfortable stay.
- **Yak and Yeti Hotel:** Centrally located in Kathmandu, this luxury 5-star hotel offers a blend of heritage and modern amenities for an unforgettable experience.

### **POKHARA 5-STAR HOTEL OPTIONS:**

- **Fishtail Lodge:** This unique lodge is situated in a picturesque location on a peninsula across Fewa Lake. Guests are transported to the property by boats, providing a serene and exclusive experience.
- **Temple Tree Resort & Spa:** Nestled close to Fewa Lake in the Pokhara Valley, Temple Tree Resort & Spa offers a tranquil setting with the backdrop of the Annapurna Mountain Range.

All of our selected hotels prioritize safety and hygiene measures, ensuring a comfortable and secure stay. Additionally, they provide exceptional breakfast options to kickstart your day in a delightful manner.

### **LOCAL MOUNTAIN LODGE**

During your trek, you will be accommodated in the best available lodges along the way for a total of 9 nights. We ensure that you stay in mountain lodges that offer cozy rooms with shared bathroom facilities. In three specific locations—Ghorepani, Chhomrong, and Jhinu Danda—you will have the convenience of a room with an attached bathroom. In other places, the bathroom facilities will be located outside the room.

Please note that most of the lodges along the trek provide hot showers, except for a few higher locations like Deurali and Annapurna Base Camp (ABC). Due to limited room availability in these higher areas, particularly during busy seasons, there may be instances where you need to share the room with other trekkers. However, we make every effort to make reservations in advance to minimize such situations.

The lodges provide beds with mattresses, pillows, and available blankets for your comfort. In the evenings, the common areas, often referred to as the "living room," are heated and serve as spaces for dining and relaxation. These lodges are known for their friendly atmosphere, providing ample opportunities to meet and interact with fellow trekkers.

Rest assured that we prioritize your comfort and strive to provide the best available accommodations along the trek.

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

During your trek, you can expect a variety of food options to cater to your tastes and preferences. Here is a breakdown of the meals you can anticipate:

### **Morning Breakfast (served between 7:00-8:00 AM):**

- Hot beverages such as tea, coffee, hot chocolate, lemon tea, hot milk, or green tea.
- Eggs prepared in different styles, including fried, boiled, scrambled, or in omelet form.
- Bread items like toast, pancakes, chapati, and Tibetan bread.
- Porridge with honey.

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

- Traditional Nepali Dal Bhat (lentils with rice) accompanied by a vegetable curry.
- Pasta or noodles dishes.
- Fried rice, fried potatoes, or Mo.Mo (Nepali dumplings).

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

- Soup options like garlic soup, local stew, vegetable soup, or mixed soup.
- Dal Bhat Tarkari, a combination of lentil soup, rice, and a vegetable curry.
- Additional choices may include fried potatoes with vegetables, Mo.Mo, fried noodles, pasta, mashed potatoes with cheese, and more.

**It's important to note that unlike most companies, the Mountain Sherpa Trekking guide will not control the food menu during your trek in Nepal. This means you have the freedom to select any food items from the lodge menu that suit your taste and preferences. Mountain Sherpa Trekking ensures that you are provided with ample meals as part of the trip price.**

**Rest assured, we prioritize providing nutritious and satisfying meals to fuel you throughout your trekking adventure.**

## Drinking Water during Annapurna Base Camp Trek

For many of us, choosing mineral water may seem like the safest option as it is sealed and provides income for local traders. However, the reality is more complex. While mineral water does generate income for locals, it also leads to significant waste and pollution issues in mountain societies.

Most places lack the resources to handle the vast number of empty plastic bottles. They often resort to burning

them, releasing toxic gases into the air, or leaving them in piles that take over 450 years to decompose, just out of sight from travelers.

Consider the Annapurna Sanctuary Trek as an example. The recommended water intake for a high-altitude trek like this is 3-4 liters per day. With the trek spanning 9 days, that amounts to approximately 30 liters and 30 plastic bottles per person, which won't decompose until the year 2466.

In the case of a full MST group of 12 people, a single trip results in over 360 mineral water bottles.

Unfortunately, plastic does not decompose at high altitudes, meaning these bottles will remain in the mountains indefinitely. So, what can be done? You need to drink water, but how can you mitigate the problem?

Thankfully, there are several alternatives available that can help you avoid the bottled water trap. Here are four of the best options:

1. **SteriPEN:** SteriPEN is a trusted UV filtering device that purifies water on the go, using the same process employed by most bottled water manufacturers. It has become more competitively priced in recent years and offers a reliable solution. Other UV filters are also available.
2. **Boiled water:** Boiling water is an excellent option for safe drinking water on the trek. While not always readily available when you're on the move, most lodges serve boiled water. Boiling kills any potential contaminants, making it a safe and convenient choice. The cost of drinking water through boiling is estimated to be around \$40-\$50 for a 10-day ABC trek.
3. **Purification tablets:** Water purification tablets or chemicals like chlorine dioxide are affordable and easy to carry. While they are not as effective as UV filters or boiled water, they provide a reasonable level of water purification. However, they require a few hours to take full effect.

Other options: Additional options include LifeStraw and iodine-based treatments, although they have their drawbacks and limitations.

By opting for these alternatives, you can contribute to reducing the environmental impact of plastic waste while ensuring safe drinking water during your trek.

## Transportations

### Airport Pickup by Private Vehicle:

We understand the importance of hassle-free travel, and to ensure a smooth experience, we always provide timely airport pickup service. Upon your arrival at the international airport in Kathmandu, our dedicated guide and driver will be waiting for you at the arrivals hall. They will be easily recognizable, as our guide will be holding a welcome banner displaying your name and our company name, Mountain Sherpa Trekking & Expedition.

Once you have collected your luggage and proceed to the exit, our guide and driver will be there to greet you and

assist you throughout the journey. They will escort you to a comfortable vehicle that we have arranged for your transportation. With your correct international flight details provided to us, our team will be well-prepared to receive you promptly.

By choosing to book your trip with us, you can enjoy a safe and convenient ride to your hotel without any stress or inconvenience. Our priority is to ensure your comfort and peace of mind from the moment you arrive in Kathmandu.

## Kathmandu-Pokhara-Kathmandu Flight:

Our Annapurna Sanctuary trek includes scenic flights both ways from Kathmandu to Pokhara and vice versa. While the distance between these two cities may not be significant (only 126 miles / 204 km), the Nepali landscape and road conditions can make the drive quite long and challenging. To ensure a comfortable and time-efficient journey, we highly recommend opting for the scenic flights.

Flying is by far the fastest and most comfortable way to travel between Kathmandu and Pokhara, especially if you have limited time. Multiple flights operate daily from the domestic terminal of Tribhuvan Airport, and the flight duration is approximately 25 minutes. The flight offers breathtaking views, particularly on the right-hand side of the plane, where you can witness the majestic Himalayas. By choosing to fly, you will arrive in Pokhara feeling refreshed and with ample time to engage in activities on the same day, which may not be feasible with an overland trip.

Pokhara, often referred to as the "City of Lakes," is a charming destination known for its stunning natural beauty. Situated at an altitude of 827 meters above sea level and located 200 km west of Kathmandu, Pokhara offers mesmerizing panoramic views of the Fishtail Mountain and the majestic Himalayan ranges.

The city is home to several beautiful lakes, including Phewa Lake, Begnas Lake, and Rupa Lake, adding to its allure. Pokhara also boasts attractions such as the World Peace Pagoda, Sarangkot, Davi's Fall, Mahendra Cave, and various museums. Additionally, you can enjoy sightseeing opportunities and explore the heritage sites, with the Dhaulagiri, Annapurna, and Manaslu ranges providing a magnificent backdrop.

With its natural splendor and abundant tourist attractions, Pokhara has become a highly sought-after destination in Nepal.

## Pokhara to Tikhedhunga By Private Transfer

We meet our Sherpa crew at Pokhara Airport then you will transfer to **Tikhedhunga** by Private Jeep. Which are approximately 2:30 to 3 hours drive from Pokhara, from where we'll begin the first steps of our trek. From Pokhara, we travel by a private vehicle northwest along the Baglung Rajmarg Road. This scenic drive, which climbs in altitude and is windy in places, transports many trekkers in the Annapurna area to the beginning points of their trek.

Although most of the trekkers began from Nayapul, we highly advise you to drive up to Tikhedhunga and start



your first-day trek because you won't have pleasure hiking firstly due to dusty roads. We are always committed to offering you quality private vehicle service for any trip in Nepal. The benefit of taking a private vehicle is that you can ask the driver to stop whenever you like and smaller vehicles tend to be able to move through the traffic a little faster than larger buses. Private vehicles come with their own driver.

## Syauli Bhatti to Pokhara by Private Jeep

Upon your arrival at Pokhara Airport, you will have the opportunity to meet our experienced Sherpa crew. From there, we will transfer you to Tikhedhunga via a comfortable private jeep. The journey takes approximately 2:30 to 3 hours and serves as the starting point for our trek.

Leaving Pokhara, we will travel northwest along the Baglung Rajmarg Road in the private vehicle. This scenic drive, characterized by altitude gains and winding roads, is a common means of transportation for trekkers heading to various starting points in the Annapurna region.

While many trekkers typically begin their trek from Nayapul, we highly recommend driving up to Tikhedhunga to commence the first day of your trek. This allows you to avoid hiking on dusty roads initially and ensures a more enjoyable hiking experience. At Mountain Sherpa Trekking, we are committed to providing you with quality private vehicle services for your journeys in Nepal. Opting for a private vehicle offers the advantage of flexibility, allowing you to request stops at your convenience. Additionally, smaller vehicles often navigate through traffic more efficiently than larger buses. Rest assured, our private vehicles come with experienced drivers who will ensure a safe and comfortable journey for you.

## Travel info

### Nepal Visa:

**Here is some important information about obtaining a tourist visa for Nepal:**

1. **Visa on Arrival:** Most visitors can obtain a tourist visa upon arrival at Tribhuvan International Airport in Kathmandu or at various land border crossings in Nepal.
2. **Application Form:** You will need to fill out a visa application form at the airport or border entry point. The form is available at the visa counter or can be downloaded in advance from the official website of the Department of Immigration of Nepal. [click here](#) for online visa form.
3. **Valid Passport:** Your passport must be valid for at least six months from the date of entry into Nepal.
4. **Visa Fee:** The visa fee varies depending on the duration of stay. As of my knowledge cutoff in September 2021, the fee for a 15-day tourist visa is USD 30, a 30-day visa is USD 50, and a 90-day visa is USD 125. The fee can be paid in cash (USD or equivalent) or by credit card.
5. **Passport Size Photo:** You will need two passport-sized photos for your visa application.
6. **Visa Extension:** If you wish to extend your stay in Nepal beyond the initial visa duration, you can apply

for a visa extension at the Department of Immigration in Kathmandu or at the Immigration Office in Pokhara.

7. **Multiple Entry Visa:** Tourist visas are generally issued as multiple entry visas, allowing you to exit and re-enter Nepal within the visa validity period.

Please note that visa regulations and fees may change, so it's always a good idea to check the latest information on the official website of the Department of Immigration of Nepal or consult with your local Nepalese embassy or consulate before your trip.

### **Travel insurance:**

Travel insurance is not only necessary for any trip but especially important when engaging in activities like high-altitude trekking in remote regions where access to medical facilities may be limited. Having the right insurance coverage in place provides peace of mind and ensures that you can fully enjoy your adventure, knowing that you are protected in case of unforeseen events. From medical emergencies to trip cancellations, interruptions, delays, lost luggage, or even a helicopter rescue, travel insurance offers financial security and support.

We strongly recommend obtaining travel insurance before embarking on your journey. This way, in the rare event that something does occur, you won't be burdened with significant financial expenses. At Mountain Sherpa Trekking, we will provide you with a letter and invoice to submit to your insurance company, expediting the processing of your claim, if needed.

To learn more about the importance of travel insurance and to find comprehensive coverage, please visit the link below. Ensuring you have the appropriate insurance coverage will allow you to focus on your trekking experience with peace of mind.

[Nepal Travel insurance](#)

## **Packing List**

### **Packing List Annapurna Sanctuary 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/33 lbs. Please note that this gear list is only a guide. These are the basics to bring, but you can choose your preferred brands based on your expertise. Additionally, you can shop for 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  $-10^{\circ}\text{C}$ )\*

## Lower Body – Legs

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

5. Long underwear

## Feet

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

## Food & Snacks

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

## Toiletries

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

## Other necessary important items:

- Passport and extra passport size photos (2-4 copies)

- Visa (these are easy to attain when you land in Kathmandu—bring \$30 (15 Days) or \$50 (30 Days) USD for Visa Application)
- Money (\$200-300 cash is suggested—while there are occasional ATMs on the trail, they are almost always out of order)
- Travel insurance- most recommended
- Airline tickets (Please make a copy and leave one at our office in KTM just in case if you need to change the date of yours)
- Durable wallet/pouch for travel documents, money & passport
- Water bottles 1 Liter x 2 (we encourage re-filling water bottles rather than single-use plastic)
- Water purification Iodine tablets
- Toilet paper (you can buy this in the lodges)
- Travel towel
- Small padlock (to lock your kit bag)
- Antibacterial 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 people are still traditional and conservative in their dress. Therefore, to avoid discomfort for both sides, we advise you to respect this and refrain from wearing revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach just above the knee and be modest. For women, it is better to wear trousers or a long skirt.

**Additional info:** As you pack for Annapurna Sanctuary Trek, keep in mind that your gear will be divided into two packs: your daypack, which you will carry each day during the trek, and your duffle bag, which will be carried between tea houses by porters. Any additional baggage (non-trekking items) can be stored at the hotel before you start your trek. We provide a free duffel bag in Kathmandu for you to pack your essential trekking equipment. One porter will be assigned to two people, and they will carry up to 25 kg-30 kg or 55-66 pounds of your personal items, including your sleeping bag and down jacket. Therefore, your duffel bag should not weigh more than 12 kg-15 kg or 26 pounds to 33 pounds.

**INSIDE YOUR DAYPACK:** Daypacks can be of any size for hiking, but we always recommend smaller sizes for the Annapurna Sanctuary trek. Around 25L to 30L is a good size. You should carry your own backpack (with a waterproof cover) to hold your daily essentials. These may include a water bottle, extra money for drinks, souvenirs, and tips, a sunhat, a camera, important documents, toiletries, sunscreen, hand sanitizer, rain gear, and your music player (iPhone), etc.

If you don't have your own down jacket and sleeping bag, don't worry. We will provide you with a 4-season sleeping bag and a good down jacket with a hood for complimentary use. High-quality sleeping bags and down jackets are essential for a high altitude trek.

## FAQS

### How Fit Do I Need to Be to Do the Annapurna Sanctuary Trek

The Annapurna Sanctuary Trek is considered a **moderate type of trek** that requires a reasonable level of fitness in order to fully enjoy the experience. Although it is not extremely difficult, it involves walking for approximately 5-6 hours each day, which may include ascents and descents in certain areas. It is important to note that individuals with knee problems or weak ankles may find this trek unsuitable. If you have any heart or lung problems, it is advisable to consult with your doctor before undertaking this trek.

To ensure a comfortable experience, we recommend engaging in physical fitness programs such as running, swimming, and hiking prior to embarking on your journey. These activities can help improve your stamina and prepare your body for the physical demands of the trek. Additionally, it is always a good idea to trek with an **experienced Sherpa guide** who can provide guidance and support throughout the journey. At **Mountain Sherpa**

**Trekking**, our Sherpa guides are well-trained to take care of our clients in an honest and responsive manner.

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

During your stay in Kathmandu and Pokhara, we provide deluxe rooms in **3 to 5-star category hotels**, with breakfast included. These accommodations offer a comfortable and luxurious experience.

Along the trekking routes, we ensure that you stay in the best available mountain lodges or teahouses. These lodges provide cozy and convenient lodging facilities. In terms of sleeping arrangements, twin bedrooms are generally provided. If needed, we can also provide sleeping bags, which should be returned after the trip. However, it is always recommended to have your own sleeping gear for added comfort.

During the trek, we strive to create memorable dining experiences. Whenever possible, we arrange for dining around a bonfire, adding a special touch to your meals. In the teahouses, the food is prepared in the kitchen, and it is important to respect their space by not entering without permission.

Overall, we prioritize your comfort and ensure that you have a pleasant stay throughout your journey.

### **What sort of food can I expect in trekking**

Along the Annapurna Sanctuary trekking route, the mountain lodges offer a delectable range of mostly vegetarian cuisine. You can enjoy dishes such as pasta, tuna bakes, noodles, potatoes, eggs, daal Bhat (rice and lentils), bread, soup, fresh vegetables (availability depends on the season), and delightful desserts like apple pies, pancakes, and custard.

In larger villages, you may also find some meat items on the menu for those who prefer non-vegetarian options. To quench your thirst, hot chocolate, tea, and hot lemon drinks are readily available, as well as soft drinks. Additionally, you can treat yourself to snacks like chocolate and crisps.

During the trek, you will have dinner and breakfast at the lodge where you are staying, providing a convenient and satisfying dining experience. Lunch, on the other hand, will be enjoyed along the way to your daily destination.

### **Can I have vegetarian meals during this trek**

No problem at all, as the Lodges along the trek mostly serve vegetarian meals. We always recommend our clients to opt for vegetarian meals to avoid food poisoning. Eating heavy meals and non-vegetarian dishes at high altitudes is not considered safe for the stomach.

### **Is it possible to take hot shower along the trek**

Yes, hot shower facilities are available at most of the places along this trek. You can enjoy the comfort of hot showers to refresh yourself after a day of trekking.

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

Yes, all our guides have received 45-day training from the Hotel Management and Tourism Center in Nepal. This training equips them with the necessary skills and knowledge to provide excellent service to our clients. Additionally, our guides have undergone high-altitude first aid training from the Kathmandu Environmental Education Project (KEEP), ensuring they are well-prepared to handle any medical emergencies or situations that may arise during the trek.

### **Is Mountain Sherpa trekking staff insured**

Our company takes great care of our trekking staff members, which include guides, cooks, Sherpas, and porters. We prioritize their well-being and safety by providing them with insurance coverage. In addition, we ensure that



they are equipped with high-quality clothing suitable for trekking in various weather conditions.

What sets us apart from other companies is that we are a 100% local **Sherpa-owned company**. As a result, we have a deep understanding of the region and its unique challenges. We take pride in our commitment to our staff's welfare and prioritize their needs.

Furthermore, we are dedicated to giving back to society as much as we can. We actively [support initiatives that benefit the local community](#) and strive to make a positive impact on the areas we operate in.

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

We kindly request that you limit the weight of your trekking bag to a maximum of 15 kilograms. Each porter is capable of carrying a maximum load of 30 kilograms, which can accommodate two clients with trekking bags weighing 15 kilograms each per person. This weight restriction ensures the comfort and safety of both our clients and our porters during the trek.

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

Our chosen hotel in Kathmandu and Pokhara offers a secure storage solution for extra belongings. They have a locked room dedicated to storing items safely. As a result, you have the option to leave your additional items at the hotel with complete peace of mind. Alternatively, you can also choose to store your belongings at our office if you prefer.

### **Do you provide porters on the trek to carry our gears? Do you provide us duffle Bags**

During the trek, our dedicated porter will be responsible for looking after your luggage. You'll only need to carry a small day bag for your personal essentials such as a camera, water bottle, sunscreen, and the like. Rest assured, we provide duffle bags for your convenience.

### **Are solo female travelers safe on Annapurna sanctuary trek**

We prioritize the safety of all our trekking guests, regardless of gender. Nepal, as a whole, is known for its safety and hospitality towards foreign visitors. We have established enduring and trustworthy connections with the lodges we frequently use, ensuring their reliability and safety. Furthermore, our **Sherpa guides** maintain constant vigilance over the whereabouts of all guests throughout the trek. To facilitate communication, we travel in small groups, allowing us to maintain effective and continuous contact.

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

Once you have confirmed your booking, a 25% advance deposit of the total trip package is required for 100% confirmation. You can make the deposit [payment online](#) or through bank wire transfer. This advance booking deposit ensures that we can secure 100% confirmed reservations for hotels in the city, domestic flights, and all other trip arrangements.

Upon receipt of the advance booking payment, we will provide you with an advance booking payment invoice and a booking confirmation via email. The remaining balance for the trek should be paid in Kathmandu on your arrival day. Please be aware that the trek deposit is non-refundable. However, if needed, you may postpone your travel date. **Your deposit remains valid for a period of 3 years, allowing you to travel on any date within that time frame.**

### **What is your success rate for reaching the Annapurna Sanctuary**

We take pride in our exceptional track record of achieving a **100% success rate on the Annapurna Sanctuary trek**. This accomplishment is attributed to our team of highly experienced local Sherpa guides and staff. As a company, we are fully owned and operated by local Sherpa individuals in Nepal. All our guides and staff members

are exclusively from the Sherpa community. **Sherpas** have long been recognized as elite mountaineers and experts in their local area. They have played a crucial role in supporting early explorers of the Himalayan region, serving as guides in the extreme altitudes of the peaks and passes, particularly during expeditions to conquer Mount Everest.

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

If you have any further questions, please feel free to reach out to us. You can contact us via email, phone call, or WhatsApp message at any time. To easily get in touch, you can use the "Message Us" button located in the lower-left corner of our website. Alternatively, you can send an email to [info@mountainsherpatrekking.com](mailto:info@mountainsherpatrekking.com). Rest assured, we will respond to your inquiry within 24 hours.

**Write us to on WhatsApp:** +[977-9851060947](tel:977-9851060947) +[977-9849643731](tel:977-9849643731)

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

#### **Here are the top 7 reasons to book your Annapurna Base Camp 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