Annapurna Sanctuary Trek [Ghorepani+ Poon Hill + ABC]- 14 Days

3 Star Hotel Package

1370USD per person

*Including healthy meals

5 Star Hotel Package

1470USD per person

*Including healthy meals

Trip Style: City Tour and Trekking

Trip Difficulty: Moderate

Annapurna Sanctuary Trek – 14 Days : Journey to the Heart of the Annapurna Himalayas

The **Annapurna Sanctuary Trek** is one of Nepal's most breathtaking Himalayan adventures, leading deep into the heart of the Annapurna massif and the world-famous Annapurna Base Camp (4,130m). Also known as the Annapurna Base Camp Trek, this unforgettable journey takes you through traditional Gurung villages, terraced farmlands, ancient rhododendron and bamboo forests, cascading waterfalls, and dramatic glacial valleys before revealing the spectacular **Annapurna Sanctuary**.

Looking for a shorter trek? Consider our Annapurna Base Camp Trek 11 Days, which reaches the same base camp in a shorter timeframe.

Surrounded by a magnificent amphitheater of snow-capped giants including Annapurna I (8,091m), Annapurna South, Hiunchuli, Gangapurna, and the iconic Machhapuchhre (Fishtail Mountain), the Sanctuary offers some of the most awe-inspiring mountain scenery in the Himalayas. As you trek higher into this sacred mountain basin, the landscape transforms from lush green hills to an alpine wilderness of glaciers, towering peaks, and pristine mountain beauty.

Our carefully designed **Annapurna Sanctuary Trek itinerary** combines the highlights of Ghorepani and Poon Hill, offering spectacular sunrise views and breathtaking panoramas of the entire Annapurna range. This trek blends stunning natural landscapes, rich cultural encounters, comfortable teahouse accommodation, and gradual acclimatization, making it an ideal choice for both first-time Himalayan trekkers and experienced adventurers. Along the way, you will experience warm Nepalese hospitality, authentic mountain culture, and unforgettable mountain scenery throughout the journey.

At Mountain Sherpa Trekking, our experienced local Sherpa guides provide personalized service, expert knowledge of the region, and a genuine connection to the Himalayas. Whether you are seeking spectacular mountain views, cultural immersion, or a life-changing trekking experience, the Annapurna Sanctuary Trek offers an extraordinary journey into one of Nepal's most beautiful and sacred mountain landscapes.

Why Choose the Annapurna Sanctuary Trek?

- Spectacular 360° views from Annapurna Base Camp (4,130m)
- Diverse landscapes including forests, villages, and alpine terrain
- Authentic Gurung and Magar culture with comfortable teahouse accommodation

What Makes Our Itinerary Unique?

- Includes Ghorepani and Poon Hill sunrise viewpoint
- Gradual acclimatization for a safer trekking experience
- Kathmandu sightseeing tour included
- Round-trip flights between Kathmandu and Pokhara

Why Mountain Sherpa Trekking?

- Family-owned Sherpa company with 27+ years of experience
- Experienced local Sherpa guides
- Safety-focused itineraries
- Private transportation and domestic flights included
- Transparent pricing with no hidden costs
- 10% of profits support Sherpa student scholarships

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
- Premium City Hotels & Best Trek 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:: Full Day Sightseeing in Kathmandu & Trek Preparation - Overnight stay at the hotel

Cultural Heritage Tour & Trek Preparation in Kathmandu

After a restful night and a hearty breakfast at your hotel, we begin a meaningful day exploring Kathmandu's most iconic **UNESCO World Heritage Sites,** each reflecting the deep spiritual and cultural essence of Nepal.

Our first stop is the **Boudhanath Stupa,** one of the largest stupas in the world and a vital center of Tibetan Buddhism outside Tibet. This majestic monument, built in the shape of a mandala, represents the Buddhist universe and serves as a place of deep spiritual devotion, with pilgrims and monks continuously circling its base in prayer.

Next, we visit the **sacred Pashupatinath Temple**, Nepal's most important Hindu shrine dedicated to Lord Shiva. Located on the banks of the Bagmati River, this temple is not only a center for religious worship but also a place of life's final journey, where traditional Hindu cremation rituals take place at **Aryaghat**, a sacred cremation site used by both royalty and everyday Nepalese.

We then head to the **Swayambhunath Stupa,** famously known as the Monkey Temple. Perched atop a hill overlooking the Kathmandu Valley, this ancient Buddhist site offers panoramic views and a serene ambiance, blending Buddhist and Hindu traditions.

Finally, we explore the historical heart of the city—**Kathmandu Durbar Square,** a stunning collection of palaces, courtyards, and temples that once served as the royal palace complex. From here, we take a leisurely walk through the local market streets, immersing ourselves in the rhythm of daily life and making our way to the vibrant Thamel district.

In the late afternoon, we'll assist you in shopping or renting any necessary trekking gear. Our knowledgeable guide will help you find the best quality equipment at trusted local shops. Afterward, we return to the hotel, freshen up, and finalize packing for the trek ahead.

In the evening, we'll host a special Welcome Dinner featuring a live cultural performance, where you can savor authentic Nepali cuisine and traditional drinks. It's the perfect opportunity to relax, immerse yourself in local culture, and connect with your Sherpa guide and discuss your exciting journey to the Annapurna Sanctuary.

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: 7.6**km **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.

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.

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.

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: : Drive to Pokhara, rest, relax, and explore the city – Overnight stay at hotel

After breakfast at the lodge, we'll hop into our private 4WD jeep and head back to Pokhara. The drive from Jhinu Danda takes about 2 to 3 hours. The road winds through hills and unpaved stretches, so having a skilled driver and a comfortable, well-maintained vehicle is essential—and that's exactly what Mountain Sherpa Trekking provides.

As we make our way through the scenic countryside, you'll enjoy incredible views of the Annapurna range, lush green forests, and peaceful mountain villages—a perfect way to end your trekking adventure.

Once we arrive in Pokhara, you'll check into your premium city hotel and have time to freshen up. After that, you can enjoy lunch at one of the best restaurants around the lakeside. Following lunch, you'll have free time to explore the area on your own. The buzzing Lakeside offers plenty of opportunities to stroll, shop, or relax. Whether you're craving local flavors or international dishes, there are numerous great restaurants to choose from to end your day with a memorable dinner.

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

After a hearty buffet breakfast at your hotel in Pokhara, we'll transfer you to the airport for a scenic 25-minute flight to Kathmandu. This flight offers breathtaking views of the snow-capped Himalayas, including iconic peaks like Annapurna and Langtang, as well as the lush green Mahabharat range to the south—an experience you won't forget.

Upon arrival at Kathmandu Airport, our guide and driver will escort you to your hotel for check-in. You'll have the rest of the day to explore the local markets and vibrant Thamel district at your leisure, perfect for discovering unique shops and souvenirs. If you'd like to visit **Patan and Bhaktapur,** you can easily book a guided tour with us after your trek.

To unwind and rejuvenate after your adventure, we offer a special one hour Ayurvedic massage service in Thamel—a perfect way to soothe your muscles and relax after a rewarding trek.

Day 14: : Transfer to Kathmandu International 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

Transportation & Hotels As Detailed Below:

- Private Transport: Private car with guide for both pickup and drop-off and Comfortable private jeep from Pokhara to the trek starting point and from the trek ending point back to Pokhara.
- Kathmandu Stay: 3 nights in a premium 4- or 5-star hotel with daily breakfast (based on selected package).
- Flights: Round-trip Kathmandu–Pokhara–Kathmandu flights with airport transfers.
- Trek Accommodation: 9 nights in the best available mountain lodges, including 4 nights with attached bathrooms in Ulleri, Ghorepani, Chhomrong, and Jhinu Danda. Hot showers is included every day throughout the trek
- Pokhara Stay: 1 night in a premium 4- or 5-star hotel with daily breakfast (based on selected package).

Meals & Drinks Included As Follows:

- 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.
- 2-3 cups of warm beverages, such as tea or hot lemon, will be provided daily to keep you cozy throughout your journey.
- A warm welcome dinner at a traditional Nepali restaurant with a cultural show.

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 package includes highly experienced, responsible, honest, and friendly Sherpa guides. We provide a reliable Sherpa guide to accompany you throughout your entire trek. Your guide will be caring, trustworthy, and exceptionally friendly. As we are a 100% Sherpa-owned company, your guide will be a native Sherpa from the Everest region.
- 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

Extra Bills

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

Vital Information

Why Book with MST

Why Book Your Annapurna Sanctuary Trek with Mountain Sherpa Trekking?

1. Expert Local Sherpa Guides

Our government-certified Sherpa guides are highly experienced, professional, and passionate about sharing the Himalayas. With deep local knowledge and a strong focus on safety, they ensure a comfortable, enjoyable, and

successful trekking experience.

2. Safety-First Trekking Experience

Your safety is our top priority. Our carefully designed Annapurna Sanctuary Trek itinerary includes gradual acclimatization, experienced guides, and personalized support to help you trek safely and confidently in the Himalayas.

3. Authentic Sherpa-Led Adventures

As a family-owned Sherpa company with more than 27 years of experience, we offer genuine Himalayan experiences, cultural insights, and personalized service that larger operators cannot match.

4. Positive Social Impact

We believe in giving back to our communities. A portion of every trek supports educational scholarships, school improvements, and healthcare initiatives in remote mountain regions of Nepal through the Mountain Sherpa Foundation.

5. Quality Accommodation and Flexible Meals

We carefully select comfortable teahouses and allow you to choose meals from the lodge menu according to your preferences, ensuring a more enjoyable trekking experience.

6. Ethical Treatment of Porters

We provide our porters with fair wages, proper trekking equipment, suitable accommodation, and ongoing support for their families and local communities.

7. Transparent Pricing and Lifetime Deposit Guarantee

No hidden costs or surprise fees. Your deposit remains valid for future trips, giving you complete flexibility if your travel plans change.

Why Trek with Our Sherpa Guides?

- Government-certified and highly experienced guides
- Friendly, reliable, and professional service
- Strong focus on safety and acclimatization
- Flexible support during unexpected situations
- Expert local knowledge and cultural insights
- Quality accommodation and hygienic meals

- Personalized care throughout your journey

Hotels & Foods

Luxury & Comfort Before and After Your Trek

Our **Annapurna Sanctuary Trek** offers the perfect blend of adventure and luxury, featuring three nights in Kathmandu and one night in Pokhara at carefully selected 4- or 5-star hotels. We understand that quality accommodations are essential, so we ensure cleanliness, prime locations, and excellent value for your money. Our luxury hotels provide modern amenities, exceptional service, and a peaceful atmosphere, allowing you to relax before and after your trek. Choose from two packages: the **4-Star Hotel Package (starting at $**1690 **per person)** for a comfortable stay or the **5-Star Hotel Package (starting at $1890 per person)** for a more refined, high-end experience. After your trek, unwind with a spa treatment at a 5-star hotel or enjoy the serene ambiance of a tranquil garden resort. Both packages guarantee premium accommodations that prioritize comfort, hygiene, and safety. No matter which option you select, you'll experience the best hospitality, ensuring a smooth and worry-free stay in Kathmandu and Pokhara.

Comfortable Lodging for an Unforgettable Adventure

During your trek, you will stay in the best available mountain lodges for a total of nine nights, ensuring a comfortable and authentic experience. Cozy rooms with shared bathroom facilities are standard, but in **Ulleri, Ghorepani, Chhomrong, and Jhinu Danda**, you will enjoy the added convenience of attached bathrooms. Most lodges offer hot showers, except in higher-altitude areas like Deurali and Annapurna Base Camp, where resources are limited. Due to high demand, especially in peak seasons, you may need to share a room in certain locations, but we make every effort to secure private accommodations in advance. Each lodge provides beds with mattresses, pillows, and blankets, ensuring a restful night after a day of trekking. Heated communal areas serve as dining and relaxation spaces, fostering a warm, friendly atmosphere where trekkers can connect and share their experiences. Your comfort is our priority, and we ensure the best possible lodging throughout your adventure.

Delicious & Nutritious Meals on Trek

During your trek, you'll enjoy a variety of delicious and nutritious meals designed to keep you energized. Breakfast includes hot drinks like tea, coffee, or hot chocolate, along with eggs, toast, pancakes, porridge, or traditional Tibetan bread. For lunch, savor Nepali Dal Bhat—a hearty meal of rice, lentil soup, and vegetable curry—or choose from pasta, noodles, fried rice, potatoes, or Mo.Mo dumplings. Dinners offer comforting soups, Dal Bhat Tarkari, or options like pasta, mashed potatoes with cheese, or stir-fried vegetables. Unlike most companies, **Mountain Sherpa Trekking gives you complete freedom to choose any meal from the lodge menu.** Your meals are included in the trip price, ensuring you never have to worry about extra costs. We prioritize quality, hygiene, and nutrition, so every meal is both satisfying and safe. With Mountain Sherpa Trekking, you'll experience exceptional hospitality and the best food available on the trail.

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 –10ºC)*

Lower Body – Legs

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

Feet

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

Food & Snacks

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

Toiletries

1. Sunscreen, Lip balm with sunscreen
2. Toilet Paper
3. Soap
4. Deodorant
5. Toothbrush/toothpaste
6. Razor (as needed)
7. Shampoo
8. Wet wipes

9. Hand sanitizer
10. Feminine hygiene products (as needed)
11. Face lotion
12. Hairbrush
13. Hair ties

Other necessary important items:

- Passport and extra passport size photos (2-4 copies)
- Visa (these are easy to attain when you land in Kathmandu—bring $30 (15 Days) or $50 (30 Days) USD for Visa Application
- Money ($200-300 cash is suggested—while there are occasional ATMs on the trail, they are almost always out of order)
- Travel insurance- most recommended
- Airline tickets (Please make a copy and leave one at our office in KTM just in case if you need to change the date of yours)
- Durable wallet/pouch for travel documents, money & passport
- Water bottles 1 Liter x 2 (we encourage re-filling water bottles rather than single-use plastic)
- Water purification Iodine tablets
- Toilet paper (you can buy this in the lodges
- Travel towel
- Small padlock (to lock your kit bag)
- Antibacterial handwash

Additional Supplies

1. Portable solar charger/power bank
2. Book
3. Journal/pen
4. Playing cards

Basic First Aid Kit including antiseptic cream, throat lozenges, diarrhea treatment (Imodium), 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**. Rest assured, we will respond to your inquiry within 24 hours.

Write us to on WhatsApp: +977-9851060947 +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