

# Mountains and Monasteries Trek :12 Nights/ 13 Days

5 Star Hotel Package

**2070**<sup>USD</sup>  
per person

\*Including healthy meals

**Trip Style:** Cultural Tour+ Trek

**Trip Difficulty:** Moderate



The **Mountains and Monasteries Trekking** route is a wonderful escape from busy crowds, different from the more popular Everest and Annapurna trails. This hike takes us to a peaceful and calm environment that hasn't been explored much by other trekkers. Even though we're going off the main path, we still get to see breathtaking views of Mount Everest and receive warm greetings from the local **Sherpa community**. Our journey includes beautiful meadows and peaceful monasteries, giving us a true experience of the "Mountains and Monasteries Trekking."

We start our adventure by heading south towards the higher valleys near Mount Everest, in the Solu Khumbu district – the historic home of the Sherpa People. This area, situated at elevations ranging from 2000 to 4000 meters, boasts rugged hills and picturesque valleys, showcasing Nepal's stunning Himalayan landscapes. What sets this trek apart is its unique character that stands out from other hikes.

Our journey begins from Phaplu, around 7 hours by road from Kathmandu. Once we arrive, we embark on trails leading to peaceful spots with fewer trekkers. These paths wind through charming Sherpa villages that have retained their timeless beauty. The people we meet here are friendly and follow traditions as ancient as the mountains themselves.

As we continue our climb, we reach the breathtaking Pikey Mountains at 4065 meters. Pausing here, we're treated to awe-inspiring views of nearby peaks like Numbur (6958m) and Karyolung. In the distance, the unmistakable shapes of Mount Everest and Makalu come into view – an incredible sight to witness. On clear days, the blue sky allows us to spot the distant Annapurna range to the west.

Our journey leads us to Thupten Monastery, a serene pause for rest. Passing through forests adorned with pine, oak, and rhododendron, we venture through villages such as Jabre, Pattale, and Dhap. Along the way, we explore intriguing monasteries, adding spiritual depth to our experience.

Our expedition concludes at Dhap, where we celebrate before heading back to Kathmandu. Returning to the comforts of our hotel, we reflect on the incredible "Trekking Mountains and Monasteries" adventure. This journey leaves us with a profound sense of peace and happiness – a vacation that we wholeheartedly embraced and enjoyed to the fullest.

## Here are the top 7 concise reasons why the "Mountains and Monasteries Trekking" route is a must-do Trek in Nepal:

1. **Tranquil Escape:** Get away from crowds and explore peaceful, less-traveled trails, connecting deeply with nature.
2. **Sherpa Culture:** Immerse in the authentic Sherpa way of life, experience warm hospitality, and learn about ancient traditions.
3. **Stunning Views:** Witness breathtaking panoramas, including Everest, Makalu, and Numbur, from vantage points like Pikey Mountains.
4. **Diverse Landscapes:** Traverse charming Sherpa villages, lush meadows, dense forests, and encounter unique flora and fauna.

5. **Spiritual Depth:** Visit serene monasteries for reflection and meditation, adding a spiritual aspect to your journey.
6. **Cultural Exchange:** Engage in authentic interactions, witness traditional rituals, festivals, and daily Sherpa routines.
7. **Personal Achievement:** Conquer challenging terrains, explore untouched landscapes, and return with a profound sense of accomplishment.

This trek offers a blend of nature's beauty, cultural immersion, and personal growth, creating lasting memories in the Himalayas.

DURATION: 13 days

## ITINERARY

### **Day 01:: Arrival in Kathmandu and transfer to the hotel by private car.**

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet shows us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come. As soon as your plane hits the tarmac of Tribhuvan International Airport, **Mountain Sherpa Trekking** office representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel. The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. Your first overnight in the ancient city of temples, probably the most in the world. Breakfast

### **Day 02:: Drive from Kathmandu to Phaplu 2,413 m/7,917 ft. - Beyond Tourist Spots**

After breakfast, our guide and driver will pick you up from the hotel. Today, we will drive to Phaplu from Kathmandu, which takes about 7-8 hours. The drive promises to be highly enjoyable and scenic, providing stunning views of the Sunkhosi River and picturesque villages along the way. The distance between Kathmandu and Phaplu is approximately 270 kilometers. We will take the Khurkot-Ghurmi Madhya Pahadi Highway, a route renowned for its beauty through Nepal's captivating landscape. This journey will lead us through rural areas, offering an opportunity to experience local culture and witness breathtaking views en route.

Once we arrive at Khurkot, we'll continue eastward toward Ghurmi on the Madhya Pahadi Highway. A lunch break is planned at Ghurmi. This route guides us through hills, small villages, and forests. As we ascend to higher elevations, you'll be treated to panoramic views of the surrounding valleys and mountains.

**Phaplu**, a charming Sherpa town, is renowned for its airstrip, serving as a gateway to the Everest region. The drive to Phaplu is a rewarding experience, providing insights into the local way of life and showcasing the incredible natural beauty for which Nepal is celebrated.

Throughout the journey, expect to encounter terraced fields, traditional houses, and perhaps even engage with locals involved in their daily activities. This presents a unique opportunity to immerse yourself in the authentic Nepal that extends beyond the popular tourist destinations.

### **Day 03:: Trekking to Mera (2600M/8531ft) from Phaplu - Overnight Stay at a Sherpa House/Monastery**

**Trek to Mera (2600M/8531ft), visit the monastery, and enjoy an overnight stay at the Sherpa House/monastery.**

We enjoy a warm breakfast at Phaplu amidst the sweet chirping of birds and then hike up to Ratnaga Danda via the small Sherpa village of Garikhasa. This hike takes about 2-3 hours to reach Ratnaga from Phaplu. We trek through

shady forests and pine trees during our journey. From Ratnaga Hill, we are greeted with magnificent views of the Himalayas, including Mt. Everest, Mera Peak, Thamserku, Numbur Himal, as well as panoramic views of Sherpa villages, lush green hills, and cultivated lands.

The walk from Ratnaga to **Ghume Mera village**, descending, takes approximately 2 hours. Mera is a quaint Sherpa village with 45 houses. These are typical Sherpa villages, often tucked away from the main trails of the Khumbu. Mera village, also known as "**Chyangmiteng**" in the Sherpa language, holds significance in Buddhist culture. It's a place that represents Sherpa heritage, and homestays are available for lodging. The nearby Ogen Choling Monastery adds to the village's charm. Some trekkers opt to spend more time here, savoring the tranquility of the monastery and immersing themselves in the unique Sherpa culture.

Overnight stay at Monastery/ Sherpa house – B. L. D.

#### **Day 04:: Trekking to Thaksindu 3,050 meters/10,006 feet) from Mera-Overnight Stay at a Sherpa Lodge**

##### **Journey Through Nature and Culture: From Kemje Danda's Majestic Vistas to Nyingma Pa Serenity at Thaksindu Monastery**

After enjoying a local breakfast with monks or a Sherpa family, we will embark on a climb up to Kemje Danda from Chyangmiteng (Mera) village. This ascent takes about 3 hours of walking, during which we will traverse through abundant rhododendron and pine trees. Upon reaching the top of Kemje Danda, which is situated about 3500 meters above sea level, we will be rewarded with delightful mountain vistas, encompassing some of the world's highest peaks.

From **Kemje Danda**, it takes about 3 hours of scenic hiking to reach Thaksindu Monastery. So, the total trek will be about 6-7 hours today. Throughout the journey, we will traverse dense foliage and forests. It's important to note that there are no teahouse lodges between the Mera villages and **Thaksindu Monastery**. Thaksindu Monastery is affiliated with the Nyingma Pa sect of the Buddhist religion.

Thaksindu is situated nearby the main classic route of the Everest Base Camp trek. We will stay overnight in our teahouse lodge – including breakfast, lunch, and dinner (B. L. D.).

#### **Day 05:: Trekking to Junbesi 2670m/8760ft from Thaksindu-Overnight stay at Lodge**

##### **Trekking to Junbesi 2670m/8760ft through Himalayan Landscapes and Cultural Encounters – 5-6 hrs- Overnight stay at Lodge**

After a peaceful stay at Thaksindu Monastery, the next leg of your journey takes you from the tranquil serenity of the monastery to the charming village of Junbesi. This trek offers a blend of picturesque landscapes, cultural encounters, and the opportunity to immerse yourself in the beauty of the Himalayan region. Leaving the monastery behind, you'll set off on a trail that winds through lush forests and gentle slopes. The path gradually descends, giving you a chance to take in the breathtaking views of the surrounding valleys and distant peaks. As you make your way through the Solu Khumbu region, you'll pass through traditional villages, each with its unique character.

The trail often traverses terraced fields where locals tend to their crops, providing a glimpse into the agrarian lifestyle of the Himalayan people. During this part of the trek, you'll likely come across friendly locals, offering you warm smiles and a chance to engage in cultural exchanges. Don't hesitate to interact with them and learn about their way of life, which is intricately connected to the mountains that surround them.

After a day's trek of approximately 5-6 hours, you'll arrive at the charming village of Junbesi. Nestled amidst rolling hills and framed by towering peaks, Junbesi exudes a peaceful and authentic atmosphere. The village is home to the ancient Junbesi Monastery, a key religious site that holds significant importance for the local Sherpa community. Taking some time to explore Junbesi, you'll have the opportunity to visit the Junbesi Monastery. This historic Buddhist monastery, adorned with colorful prayer flags and intricate architecture, stands as a testament to

the deep spiritual roots of the region.

**In Junbesi**, you'll find comfortable teahouse lodges where you can rest and recharge. These lodges provide a cozy setting, and you can savor traditional Sherpa cuisine while enjoying stunning views of the surrounding landscapes.

### **Day 06:: Trek to Serlo Monastery & Thupten Choling Monastery back to Junbesi. Overnight at Lodge**

Embarking on a new day of your Himalayan adventure, the trail leads you to the serene realms of spirituality as you make your way towards the Serlo Monastery and Thupten Choling Monastery. The journey begins with a sense of anticipation, the path taking you through a blend of natural beauty and cultural immersion.

As you traverse the well-trodden trail, the landscape changes its character, offering you glimpses of vibrant rhododendron forests, verdant hillsides, and distant snow-capped peaks. The tranquil environment envelops you in a sense of calm, making each step a meditation in itself.

The first destination, Serlo Monastery, emerges like a hidden gem amidst the hills. The monastery's architecture showcases intricate detailing, while its spiritual significance resonates in the air. Colorful prayer flags flutter in the breeze, carrying blessings to the world. Taking a moment to absorb the serenity, you might encounter monks in deep contemplation or engaged in their daily rituals, a window into their devoted way of life.

Continuing your journey, the path meanders towards Thupten Choling Monastery. Each turn unveils new vistas, and the path itself becomes a conduit for self-reflection. The monastery's serene surroundings are an invitation to connect with your inner self. As you approach, the meditative ambiance of Thupten Choling embraces you, offering a pause from the outside world's hustle and bustle.

Having experienced the spiritual energy of these monastic havens, you retrace your steps back to the charming village of Junbesi. The familiarity of the trail feels like a journey within, as you reflect on the encounters and landscapes that have left an indelible mark on your soul.

Arriving once more in Junbesi, you find comfort in the embrace of a cozy lodge. The lodge's warm hospitality and the aroma of freshly prepared local cuisine welcome you with open arms. As the evening sun paints the mountains in hues of gold, you unwind, allowing the day's experiences to settle within you.

Under the star-studded Himalayan sky, you rest in anticipation of the adventures that lie ahead, grateful for the moments that have enriched your journey both outward and inward.

### **Day 07:: Trek to Jasmane Bhanjyang from Junbesi. Overnight stay at a Sherpa Lodge**

After breakfast, we embark on our trek from Junbesi village. Our initial path leads us through the Sherpa village of Taktor. From there, we begin our ascent towards the Lamjura Pass, a journey that takes us through dense forests adorned with rhododendrons, magnolia, maple, and birch. Along this route, cozy tea houses dot the landscape, offering both respite and a sense of community.

Continuing on, we walk at a leisurely pace through the rhododendron forest. If you choose to trek during springtime, the rhododendron blossoms add a touch of enchantment to the surroundings, creating a stunning tapestry of colors that delights the senses.

After a trek of approximately 5-6 hours, we arrive at the charming destination of **Jasmane Bhanjyang**. This quaint location is characterized by its modest size, with only two lodges available to accommodate visitors. However, what it lacks in size, it more than makes up for in the breathtaking views it offers. From Jasmane Bhanjyang, your gaze is treated to a panorama that captures the essence of Phaplu and the surrounding villages on one side, while the other side showcases the awe-inspiring vistas of Bandar and Ramechhap.

As the day comes to a close, we find solace and warmth in the embrace of a cozy local Sherpa lodge. The lodge's ambiance is one of authenticity and comfort, a place where stories are shared and memories are woven. As the

Himalayan night unfolds, you can rest assured that you're not just spending a night at a lodge, but immersing yourself in the heart of the Himalayan experience.

**Day 08:: Hike to Pikey Hill (4065M/13337ft) & back to Pikey Base Camp- Overnight lodge 2-3 hrs**

The climb to the summit of **Pikey** may seem steep at first, but it's surprisingly manageable. It takes around 2 hours to ascend from Jasmane Bhanjyang to the peak of Pikey. Once you reach the summit, a breathtaking panorama stretches out before you. The magnificence of Everest, Kanchenjunga, Makalu, and numerous other majestic peaks adorn the horizon, creating a view that truly takes your breath away.

After soaking in the awe-inspiring sights, we begin our descent from the summit back to the base camp where we'll spend the night. Pikey base camp offers a selection of lodges that ensure both comfort and a much-needed break. Since suitable lodges aren't readily available until we reach Jhabre, this night's stay at Pikey base camp is a welcome respite.

Despite the relatively short duration of the trek, the decision to stay at Pikey base camp is richly rewarding. The surrounding scenery is unparalleled, and the lodges provide a warm and cozy sanctuary to relax in. As we prepare to rest for the night, the memory of the day's astonishing vistas lingers in our thoughts, a testament to the remarkable beauty that the Himalayas bestow upon those who are willing to venture into its heights.

**Day 09:: Trek to Jabre [2820M/9252ft] visit monastery- Overnight Stay at a Lodge.**

After enjoying our breakfast at Pikey base camp, we set out for the day's journey. Today's trekking trail mostly descends, but the downhill path isn't steep. The weather is pleasant, and the trail treats us to a refreshing ambiance. Along the way, we're greeted by the sight of wild orchids and captivating landscapes as we traverse the Solu-Okhaldhunga border.

The route today offers a pleasant experience, with opportunities to appreciate the natural beauty around us. We might find ourselves captivated by the delicate beauty of wild orchids while taking in the sweeping vistas that unfold before us.

Our journey takes us to Lhamuje, situated at an altitude of 3500 meters, where we can pause for invigorating tea breaks. As we continue, Bhulbule welcomes us for a well-deserved lunch stop. The total duration of today's trek will be approximately 6 hours.

As we make our way, we'll have the chance to visit Buddhist stupas and serene monasteries that dot the trail. These encounters provide us with a deeper understanding of the Sherpa culture, allowing us to glimpse the spiritual and cultural essence that shapes their way of life.

Upon arriving in Jabre, where we will spend the night, we can reflect on the day's journey and the enriching experiences it brought us. The night settles in with a sense of tranquility, inviting us to rest and rejuvenate before the adventures that lie ahead. Overnight in Jabre - Breakfast, Lunch, Dinner.

**Day 10:: Trekking from Jhabre to Dhap 2932 meters- overnight stay at a local Lodge**

Starting the day with a hearty breakfast, we set out for our trek to Dhap from Jhabre. The trail ahead is mostly flat, with occasional gentle slopes. Throughout the journey, we're treated to stunning views of charming villages on both sides and panoramic glimpses of the Himalayas, including the iconic Mount Everest.

Our path follows a well-maintained road, though it's worth noting that the road isn't paved. However, this doesn't hinder the enjoyment of our trekking experience. The road's condition ensures a comfortable journey, and the beauty of the surroundings remains just as spectacular.

As we move forward, the landscapes around us offer a delightful mix of scenes. Some parts of the trail lead us through captivating jungles, where the sounds of nature provide a soothing backdrop to our walk. These moments

in the jungle add an extra layer of enjoyment, allowing us to truly immerse ourselves in the natural beauty.

The trek is estimated to take around 5 hours. As time passes, each step brings us closer to the welcoming village of Dhap. Here, you'll find not only a warm atmosphere but also a glimpse into the simple yet rich rural life of the Himalayas.

As the day's trek concludes, the sense of accomplishment melds with the anticipation of a well-deserved rest in Dhap. The memories of the day's experiences become threads woven into the fabric of your journey, painting a unique picture against the backdrop of the awe-inspiring Himalayan landscape.

### **Day 11:: Drive to Kathmandu & transfer to hotel, relax after a long trip- Overnight stay at Hotel**

After breakfast, today we will journey to Kathmandu from Dhap. The drive to Kathmandu is exceptionally picturesque as we follow the path along the Sunkhosi river. Alongside the road, charming villages grace the landscape, offering a delightful sightseeing experience. We will make intermittent stops for short breaks and refreshments, and we plan to pause for lunch either at Ghurmi or Khurkot.

The drive typically takes about 6-7 hours. Upon arriving in Kathmandu, you will be transferred to your hotel for a well-deserved rest. The day's journey from the rural beauty of Dhap to the vibrant city of Kathmandu encapsulates the diversity and allure of Nepal, showcasing both its serene countryside and its bustling urban energy.

### **Day 12:: Full Day sightseeing of Kathmandu City- overnight Stay at Hotel**

After a restful night's sleep and savoring a hearty breakfast, we will begin our sightseeing at **Swayambhunath**, affectionately known as the "Monkey Temple." The name "Swayambhu" translates to "self-created," referencing the legend that the hill emerged suddenly from a vast lake that once enveloped the Kathmandu Valley.

After visiting Swayambhunath, we will proceed to explore the historical wonders of Basantapur Durbar Square. Designated as a UNESCO World Heritage site, **Kathmandu Durbar Square** boasts an array of medieval temples, palaces, courtyards, and streets that trace their origins back to the 12th and 18th centuries. Inside this square, we will encounter the Hanumandhoka Palace Museum, Taleju Temple, Kumari Ghar (House of the Living Goddess), Kasthamandap, and various other temples and structures as ancient as the city itself.

From there, we will move on to the renowned **Boudhanath Stupa**, often touted as the largest stupa in the world. It holds significant importance as a hub of Tibetan culture in Kathmandu. This stupa is an intricate representation of a mandala, symbolizing the Buddhist cosmos.

Our final sightseeing spot will be the **Pashupatinath Temple**, a place of devotion dedicated to the Hindu deity Lord Shiva. Regarded as the holiest Hindu shrine in Nepal, it carries immense spiritual significance. After this enriching exploration, we will return to our hotel to refresh ourselves. We might seize the opportunity for some shopping, enjoy an early dinner, and then retire to bed, closing the day on a satisfying note.

### **Day 13:: Drive to the Airport to head back to that lovely place we call 'home'**

After enjoying breakfast, our representative and the office vehicle will be ready at our hotel to escort us to the airport for our onward flight home. It has been a delightful privilege to serve you, and at Mountain Sherpa Trekking, we hold dear the connections we've forged during your time with us. We extend our gratitude for selecting us as your travel companion and for exploring the incredible country of Nepal with us.

We are confident that your trekking experience in the breathtaking Khumbu (Everest) region has gifted you with cherished memories of a truly fulfilling journey. Farewell, dear friends! Until our paths cross once more. Breakfast.

## **Cost Includes**

### **Transports & Accommodations**

- Private transfers upon arrival and departure.
- Jeep transport: Kathmandu - Phaplu - Dhap - Kathmandu.
- Three nights in specified city hotels as per the itinerary.
- Nine nights in local Sherpa lodges, homestays or Monastery

### **All Meals & Drinks**

- Daily hygienic breakfast in city as specified in Itinerary
- Daily 3 meals entire trek (Breakfast, Lunch & Dinner)
- Tea or Coffee as per choice ( Per day 5 Cups Per Person)
- Welcome dinner at best local restaurant with cultural show

### **All Activities & Entrance Fees**

- Guided 9-day trek and hike in Lower Everest.
- Full-day cultural city tour with guide and driver.
- Includes Lower Everest trekking entry permit.
- Covers Mapya Dudhkoshi Rural Municipality entry fees.
- Includes city tour entry fees in Kathmandu.

### **Reliable Sherpa Guide & Porter**

- Trustworthy Sherpa guide for entire trip
- Reliable, hardworking porters (1 per 2 trekkers)
- Covers guide, porter, and support staff's salary and insurance
- All meals and lodging provided for porters during trek
- All meals and lodging covered for Sherpa guide throughout trek

### **Gear & Equipment**

- Free T-shirt, water bottle, and walking pole
- Provided sleeping bags and down jackets if needed
- Duffel bag, trek map, and group medical kit included
- Pulse oximeter for monitoring oxygen levels and heart rates

### **Additional Service**

- 24/7 Emergency Call Support
  - Assistance with SIM Card, Gear Rental/Buying
  - Free Extra Luggage Storage
  - Support for Lost/Delayed Airline Luggage
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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

## **FAQS**

### **How physically fit do I need to be to undertake the Mountains and Monasteries Trekking**

The Mountains and Monasteries Trekking is considered a moderate adventure trek. However, it does require a reasonable level of fitness. If you are relatively fit and are short on time for a longer trek, this shorter version in the lower part of Everest is an ideal option.

Please note that this trek involves some ascent and descent walking, making it less suitable for individuals with knee problems or weak ankles. If you have heart or lung issues, it's advisable to consult with your doctor before embarking on this journey.

We recommend engaging in physical fitness programs such as running, swimming, and hiking to prepare for your adventure.

### **What type of accommodation can I expect in Kathmandu and during the trekking**

In Kathmandu, we use Deluxe rooms in quality hotels, and breakfast is included in your stay. During the Mountains and Monasteries Trekking, you can expect mountain lodges and Sherpa homestays that generally provide basic, clean facilities with a mattress, quilt, or blanket. If needed, we can also provide you with sleeping bags (to be returned after the trip), but it's a good idea to have your own sleeping gear.

The lodges along the trekking routes typically offer single and double rooms, and occasionally dormitories. When possible, dining will take place around a bonfire. In tea houses, food is prepared in the kitchen, which you should not enter without permission. The toilets in tea houses provide essential and basic facilities and are located outside the rooms.

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

Yes, our Sherpa guides have undergone comprehensive training. They have received a 45-day training program from the Hotel Management and Tourism Center in Nepal. Additionally, our guides have received specialized high-altitude first aid training from the Kathmandu Environmental Education Project (KEEP). They have also completed other safety-related training, including altitude-specific training, to ensure your safety during the trek.

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

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

though Company Information pages to view insurance details.

### **Should I Buy My Gear at Home or in Nepal?**

That very much depends on how much use you intend to get out of it. Reasonable quality gear is available in Kathmandu for a fraction of the price of the real deal. We will help out you to find good standards gears in Kathmandu.

You also rent out down gear and sleeping bags, which are the most sensible option if you don't think you'll be using them again for a while.

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

We ask that you keep the weight of your trek bag maximum 15kgs. Usually, we provide 1 porter for 2 clients. However, if you request an extra private porter, we can organize you.

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

The hotel we use in Kathmandu has a secure locked room where you can store your extra belongings in a safe way. So, you can leave your extra things in Hotel safely or you can also leave your belongings at our office.

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

Whilst on the trek, our porter will take care of your luggage. All you need to carry is your small day bag for your personal belongings like camera, water bottle, sun cream etc only. Yes, we do provide you duffle bags.

### **Are solo female travelers safe on Mountain Sherpa Trekking**

We ensure the travel safety of all our trekking guests, both male and female. Nepal, on the whole, is both very safe and welcoming of foreign visitors. We have longstanding, strong relationships with the lodges we frequent, and know them to be safe and reliable. In addition our guides are consistently mindful of all guests' whereabouts while trekking. We travel in small groups, all the better to easily maintain continual contact

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

Once you have confirmed your booking, an advance deposit of 30 percent (30 %) of the "total trip Package" is required for 100% Confirmation. The deposit can be paid by Credit Card, or by bank Wire transfer. The remaining trek balance needs to be paid in Kathmandu on your arrival day. When we confirm your trek booking we will send you more details about how to pay the trek deposit. Please note that the trek deposit is non-refundable. However, you may postponed your travel date if incase required. Your deposit expires after 3 Years only. You can travel any date within 3 years.

### **What is your success rate for complete this mountain and monasteries trek**

We boast 100% success rate to date on our Annapurna Sanctuary trek, this is achieved because of our highly experience local Sherpa guides & staff. We are 100% local Sherpa owned and operated Company in Nepal. Our entire guides & staff are 100% Local Sherpa people. "Sherpa's are highly regarded as elite mountaineers and experts in their local area. They were immeasurably valuable to early explorers of the Himalayan region, serving as guides at the extreme altitudes of the peaks and passes in the region, particularly for expeditions to climb Mount Everest"

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

If you have more questions, do not hesitate to contact us. You can e-mail us or you can call us or message anytime by WhatsApp /Skype. See the message us button on the website lower left corner.

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

**Here are 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 all-inclusive package
- 05.**Clean accommodation and hygienic meals
- 06.**Best Service and Price guarantee
- 07.**Giving back to society