



**INCREDIBLE HIMALAYAN
SHERPA ADVENTURE P. LTD.**

SPECIALIZED IN ORGANIZING TREKS TOURS & EXPEDITION

Annapurna Sanctuary Trek

Duration: 12 days

Difficulty: Medium

DoT No. 1888/071

PAN No. 601340433

NMA. AM#1171, TAAN

NRB No. 1573/021/072

Govt. Regd No. 115217/070/071

Travel time: Can be freely chosen

Group size: Private Trek

Quick Trip Facts

Altitude: 4130m

Season: Fall-Winter & Spring

Accommodation: Teahouse

Overview

The Annapurna Sanctuary Trek is a Nepal classic. The base camp itself is located near Annapurna South with a perfect view of Annapurna and Mount Fishtail. Thanks to the popularity, the trail is very well developed, offers comfortable accommodation and warm hospitality of different ethnic groups. We designed the Annapurna Base camp trek for 10 days but it can be flexibly extended and linked with other sections of the Annapurna trail.

The Annapurna base camp is within the Annapurna conservation area; the largest protected areas in the country. The trail is centred around the famous Annapurna I (8091m) which is 10th highest peak in the world and the first 8000m peak to be climbed. Other stunning views include impressions of the Dhaulagiri range to the north. Beyond the landscape itself, the conservation area also offers an impressive range of wildlife and remarkable flora and fauna – an unforgettable experience of the Himalayan ecosystems and cultures.

Highlights:

- + Impressive views of the Annapurna range
- + Enjoy the unique eco system of the Annapurna conservation area
- + Relax at comfortable lodges with good, locally sourced food & friendly locals

Suggested Itinerary:

Day 01: Arrive Kathmandu

A representative of IHSA will welcome you at the airport and transfer you to your hotel. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

[Overnight at hotel]

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Thamel, Kathmandu, Nepal

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Day 02: Kathmandu Tour

Your tour in Kathmandu of the most beautiful UNESCO World Heritage sites Swayambhu, Bhaktapur. Return to hotel and trek preparation.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 03; Scenic drive to Pokhara (823m/2,700ft), 6hr drive

We drive to Pokhara. From Kathmandu we follow the Prithvi Highway that leads to Galchi and Mugling Bazaar. After a pleasant drive (6hr) we reach our destination Pokhara (2,652m).

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 04; Pokhara to Landruk (1620/ 5314.961 ft.), 1hr drive+5-6hr drive

Our trip commences with short drive to Dhampus(1650m). From here we climb to Pothana(1990m) through rhododendrons forest. Further we climb to Deorali (2100m) through forest to a pass with views of the Mardi Khola far below, before descend to Deorali. Follows, then there is a twisting, humid descend through forest via Bheri Kharka. After Tolka(1700m). we continue high around the hillside Landruk(1565m). The trek offers us rewarding views of Machhapuchare(6997m), Annapurna South

[Included meals: Breakfast+Lunch+Dinner]

Overnight at hotel

Day 05; Landruk to Chhomrong (2210m/2210 ft.), 5-6hr

We cross a suspension bridge and then climb through forests to meet a road before arriving at Landruk (1620m). The trail moves through densely overgrown areas before leading us to Hinal Qu (1410m and finally Chhomrong, today's destination.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 06; Journey onward to Bamboo

More suspension bridges and mixed forests of rhododendron, bamboo and oak. We then reach Sinuwa (2340m), Kuldi (2470m) and finally the aptly named Bamboo.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

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Day 07; Bamboo to Deorali (3140m/10301.84 ft.), walk 4-5hr

We climb steeply through mixed forests up the side of canyon and gradually we reach Dovan (2500m). We follow the trail to the Himalaya Hotel and ultimately Deorali (3140m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 08; Climb to Annapurna Base Camp via feet of the Mt. Machhapuchare

Today we have our big day: first we reach Machhapuchare Base Camp(3700m) and then continue to the long-awaited Annapurna Base Camp. The journey offers us an unparalleled panorama that includes Hiunchuli, Annapurna I, III, Gangnapurna and Machhapuchare. In the evening we return to Machhapuchare Base camp.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 09/10/11; Retracing our steps

We retrace our steps to Pokahara – time to take in the experiences from the previous days and take some seconds of those views. You also have the option to extend the trip and continue to the **Poon Hill Panorama Trek** with only a few additional days necessary.

[Included meals: Breakfast+Lunch+Dinner, Bed & Breakfast in city]

Overnight at teahouse and hotel in city

Day 12; Departure from Kathmandu

A representative of IHSA will drop off you at the airport by private vehicle

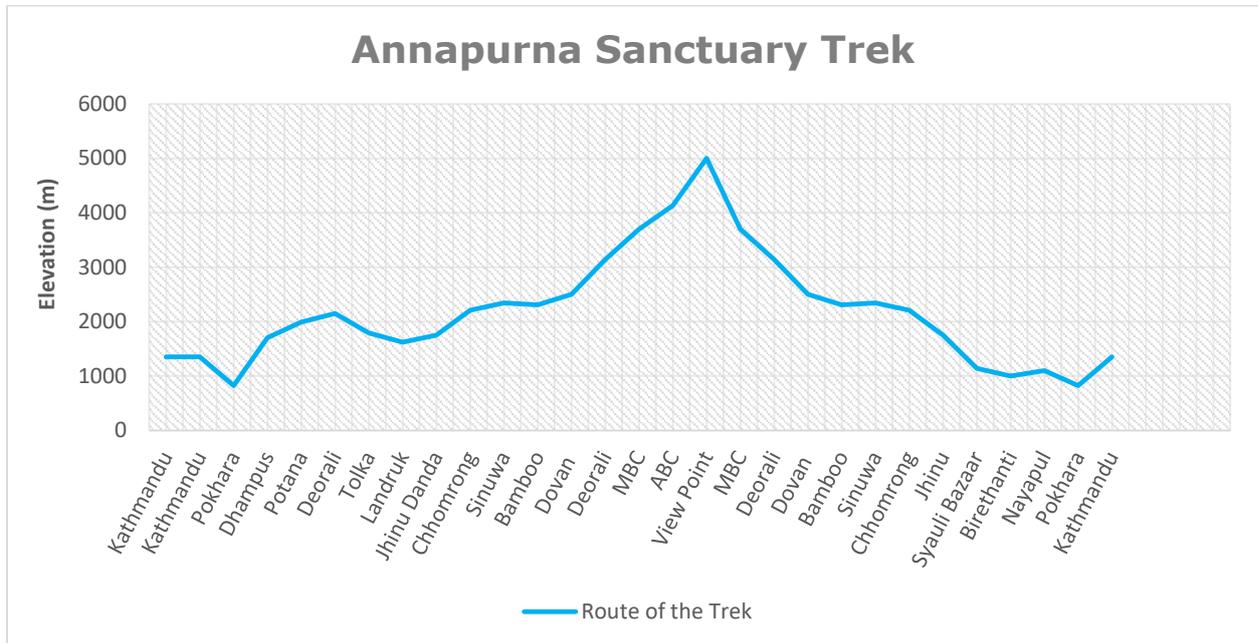
[Included meals: Breakfast]

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Altitude Profile



We offer two packages: Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

Basic Package:

- + 12 days Annapurna Sanctuary Trek
- + Guide and porter services
- + Food throughout the trip
- + Air & sharing land transportation service
- + Airport pick up & drop off personally. For details see below.

Price: 750 USD per person with group size of 2

Comfort Package:

As Basic and

- + 3* Hotel in Kathmandu & Pokhara
- + Sightseeing with guide. For details see below.

Price: 885 USD per person with group size of 2

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Group Discount:

There is a further discount for larger groups. Please contact us for details.

Trek Duration:

Standard itinerary – 12 days. Can be shortened or extended depending on time and fitness

Includes:	Excludes:
<ul style="list-style-type: none">+ Private trek with an English speaking trekking guide+ Sightseeing in Kathmandu by private vehicle and professional English speaking tour guide PLUS all entrance fees+ 1 porter (between two clients) to carry your luggage during the trek (max 20 kg; i.e. 10kg pP)+ 3-night Accommodation in a quality 3* hotel with breakfast in Kathmandu and Pokhara [upgrade possible]+ All airport transfers. We'll pick you up personally+ Sharing tourist bus from KTM to PKR return+ Private car from PKR to Dhampus & jeep from Siuli Bazaar to PKR+ Full board meals (Breakfast+Lunch+Dinner) during the trek+ Accommodation during the trek in carefully selected teahouses+ Trekking permit and TIMS+ First Aid kit+ Guides' and porters' medical and accidental insurance	<ul style="list-style-type: none">- International Airfare to and from your country- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]- Lunch & Dinner in Kathmandu- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek- Tips for Guide & Porter (not mandatory but expected)- Hot shower, battery charges (available at extra cost in lodges, sometimes free)- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.- Any other costs not specifically included. Please feel free to ask if in doubt.

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Additional Options:

+ Hotel upgrade in KTM: [35 USD for 4* hotel, 90 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ Optional Extended Route [continue to Ghorepani Poon Hill or Khobra Trek]

If you prefer to extend the trip and continue to **Ghorepani Poon Hill** (Annapurna Panorama View), **Khobra Trek** rather than return to return to Pokhara, this can also be arranged.

+ Flight (122 USD for Pokhara to Kathmandu)

For a more comfortable ride from Kathmandu to Kathmandu

Trip Related Information

Trekking Day; Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides; The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

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Accommodation; Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

Food; On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

Your luggage; Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

Money and Tipping; It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu and USD 35 – 45 per day whilst trekking in the Everest region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 9 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance; Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

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Preparation and Health Issues; Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues; AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

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Climate and Temperature; At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

Have a Good Trip . . .