



## Annapurna Expedition

<b>Trip code</b>	
<b>Package name</b>	Annapurna Expedition
<b>Duration</b>	43
<b>Max. elevation</b>	8091 m
<b>Level</b>	ADVANCE
<b>Transportation</b>	<span style="font-family: Poppins, sans-serif; font-size: 16px;">All the round trip grounded vehicals</span>
<b>Accomodation</b>	3***Hotel in Kathmandu and Lodge + Camping twin sharing bed basis during the trek and expedition session
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	kathmandu
<b>Trip route</b>	Kathmandu - Pokhara - Nayapul - Ulleri - Ghorepani - Tatopani - Lete - Thulo Bugin - Hum Khola - Miristi Khola - North Base Camp - (Climbing Period 25 days) - Miristi campsite - thulo Bugin - Lete - Pokhara - Kathmandu
<b>Cost</b>	USD 17,400 per person

## Highlights

- Majestic Annapurna Massif: Experience the awe-inspiring beauty of the Annapurna range, which includes several towering peaks, including Annapurna I, one of the world's highest mountains.
- Remote and Scenic Trekking: Embark on a trek through the picturesque Kali Gandaki Valley, passing through charming villages, terraced fields, and lush rhododendron forests, offering breathtaking views at every turn.
- Annapurna Base Camp: Reach the iconic Annapurna Base Camp, situated at 4,130 meters (13,550 feet), surrounded by towering peaks. Immerse yourself in the serene alpine environment and witness the grandeur of the Annapurna massif up close.

- Challenging Summit Push: Test your mountaineering skills and mental resilience as you embark on the challenging summit push, navigating through steep snow and ice slopes, crossing crevasses, and overcoming technical sections.
- Panoramic Views: Stand on the summit of Annapurna and be rewarded with breathtaking panoramic views of the surrounding Himalayan peaks, including Machhapuchhre (Fishtail), Dhaulagiri, and Nilgiri, among others.
- Cultural Immersion: Encounter the rich cultural heritage of the region as you interact with local communities, including Gurung and Magar ethnic groups. Learn about their traditions, visit ancient monasteries, and experience their warm hospitality.
- Diverse Landscapes: Experience a wide range of landscapes, from lush valleys and terraced fields to high alpine environments and rugged mountain terrain. The Annapurna region offers a diverse and ever-changing natural scenery.
- Acclimatization Opportunities: The trek to Annapurna Base Camp allows for proper acclimatization, with gradual altitude gain and rest days. This helps climbers acclimatize to the high altitude, increasing their chances of a successful summit.
- Personal Achievement: Summiting Annapurna is a remarkable feat and a testament to your mountaineering skills, physical endurance, and mental fortitude. The expedition offers a sense of personal achievement and a lifelong memory.
- Adventure in the Annapurna Region: The Annapurna Expedition provides an adventurous journey through one of the most popular trekking regions in Nepal. Explore diverse ecosystems, encounter unique flora and fauna, and create unforgettable memories along the way.

## Overview

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The Annapurna Expedition is a challenging and rewarding mountaineering endeavor that takes climbers to the majestic Annapurna massif in Nepal. Annapurna, one of the world's highest peaks, stands at an elevation of 8,091 meters (26,545 feet) and offers a formidable climb for experienced mountaineers. This detailed overview provides insights into what it takes to embark on this extraordinary journey.

The journey to the Annapurna Expedition begins with a drive from Kathmandu to Pokhara, followed by a scenic flight to Jomsom. From Jomsom, climbers trek through the beautiful Kali Gandaki Valley, passing through charming villages, terraced fields, and rhododendron forests. The trail provides stunning views of the Annapurna and Dhaulagiri ranges as climbers gradually ascend towards the base camp.

Reaching Annapurna Base Camp (4,130 meters/13,550 feet) is a significant milestone. The base camp is nestled amidst towering peaks and serves as the launching pad for the summit push. At the base camp, climbers establish their camps, acclimatize, and make necessary preparations for the ascent.

The climbing route to the summit of Annapurna varies depending on the expedition operator and the conditions of the mountain. The ascent involves navigating through steep snow and ice slopes, crossing crevasses, and overcoming technical sections. Climbers may encounter challenging

weather conditions, high altitude, and unpredictable terrain, requiring advanced mountaineering skills and the use of equipment such as crampons, ice axes, ropes, and harnesses.

The climbing route typically includes setting up high camps, such as Camp 1 (5,500 meters/18,045 feet), Camp 2 (6,500 meters/21,325 feet), and Camp 3 (7,400 meters/24,280 feet). Climbers acclimatize at these camps, progressively moving higher and returning to lower camps for rest and acclimatization. The climb demands a high level of physical fitness, technical mountaineering skills, and an understanding of high-altitude environments.

The summit push is an arduous and demanding endeavor. Climbers face extreme weather conditions, negotiate challenging terrain, and overcome altitude-related challenges. From the summit of Annapurna, climbers are rewarded with breathtaking panoramic views of the surrounding Himalayan peaks, making it a truly unforgettable experience.

Descending from the summit and returning to base camp marks the completion of the Annapurna Expedition. The return journey follows a similar route, allowing climbers to reflect on their achievements and enjoy the natural beauty of the Annapurna region. Celebrations and camaraderie with fellow climbers and support staff make for memorable moments as the expedition concludes.

The Annapurna Expedition is a challenging adventure that requires thorough planning, experienced guides, and a high level of physical fitness. Climbers are advised to choose reputable expedition operators with extensive knowledge of the region and a strong safety record. Proper acclimatization, technical climbing skills, and comprehensive equipment preparation are crucial for a successful and safe expedition.

## Trip Itinerary

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### **Day 1 : Arrival in Kathmandu, transfer to hotel, and trip briefing.**

Arrive in Kathmandu, the capital city of Nepal. Meet your trekking guide at the airport and transfer to your hotel. Spend the day exploring the vibrant streets of Kathmandu and preparing for the trek.

### **Day 2 : Obtain necessary permits and arrange logistics for the expedition.**

Today, we will spend the day sightseeing in Kathmandu Valley with our guide. We will visit Pashupatinath, which is regarded as the holiest Hindu temple in Nepal and where pilgrims worship Lord Shiva (situated on the banks of the holy Bagmati River), Bouddhanath, a Buddhist temple known as 'Little Tibet' and then on to Swayambhunath known as the Monkey Temple. From Swayambhunath we drive to Kathmandu's famous Durbar Square, a UNESCO World Heritage-listed site, and located in front of the old royal palace. Upon arriving back at your hotel you may have time to do some last-minute shopping around Thamel – the tourist hub of Kathmandu.

### **Day 3 : Drive from Kathmandu to Pokhara (820 meters/2,690 feet), transfer to hotel.**

After breakfast, we will take a scenic drive from Kathmandu and drive over zigzag hilly roads to reach Pokhara. Pokhara is a beautiful town set on the banks of the serene Fewa Lake. It is tourist's paradise full of natural as well as cultural heritage sites such as lakes, caves, temples of Buddhist and Hindus along with the fascinating high mountains. Pokhara is much smaller and less hectic than Kathmandu. After reaching Pokhara you will be transferred to the hotel for the overnight stay.

#### **Day 4 : Drive to Nayapul - trek to Ulleri 1960m - 5 hrs walk**

After breakfast, take one hour drive to Nayapul. After reaching Nayapul you will start your trekking. After 30-minutes walking along the Modi stream, you will reach at Birethanti – a gorgeous village that has plenty of tea shops and guest houses. Then follow the left direction through the village. Your trek continues heading to Ulleri along the bank of the Burungdi stream. You will hike up to the valley of Hile (1495 meters) and Tikhedhunga (1525 meters). The trail leads steep up to Ulleri (2073 meters), a large stunning Magar village. Ulleri is stopping point for today.

#### **Day 5 : Trek to Ghorepani 2750m - 5 hrs walk**

We continue walking making sure that we're always on the inside of the path, thereby permitting the donkeys to pass through. Occasional views of the peaks give way to a narrower valley. We then proceed through Rhododendron forest and eventually reach to Ghorepani. It is a beautiful place from where we can enjoy the most spectacular views of Dhaulagiri and Annapurna range.

#### **Day 6 : Trek to Poonhill - Tatopani 1200m - 6 hrs walk**

The panorama of Annapurna and Dhaulagiri Mountain ranges from Poon Hill is considered one of the best and classic Himalayan views. Thus today we will wake up early for an hours' hike to reach over to the top of Poon Hill. We will enjoy the beautiful sunrise view over Dhaulagiri, Annapurna South, Machhapuchre (Fish Tail), Tukucho Peak, Hiunchuli and other surrounding high peaks. After spending a beautiful morning at Poon Hill, we will descend back to Ghorepani. Our trail from there descends steeply for crossing a suspension bridge over Kali Gandaki River. After crossing the river our trek goes along the levelled path until we arrive at Tatopani. Tatopani means ' Hot Spring' in the Nepali language. Here we can relax at the Natural Hot Spring which is obviously a great feeling.

#### **Day 7 : Trek to Ghasa 2030m - 5 hrs walk**

From Tatopani, we will trek on a broad motor road trail that can be quite dusty. Our trek goes along the Kali Gandaki river. Our trail ascends gradually as we pass through the magnificent waterfall of Rupche Chahara. From there, our trek continues along the dusty trail that leads through deep gorges. We can hear the huge flows of the river stream while trekking through the area. We will continue to trek until we arrive at the village of Ghasa for our overnight stay.

#### **Day 8 : Trek to Lete 2490m - 5 hrs walk**

After breakfast, we leave Ghasa and follow a rising trail that climbs for some hours to reach Lete. Our trek climbs through subtropical vegetation with incredible views of surrounding mountains and beautiful valleys. Our trek continues until we arrive at Lete for the overnight stay.

#### **Day 9 : Trek to Thulo Bigun 2680m - 6 hrs walk**

Today we leave Lete and trek over the trail that climbs further to harsh alpine vegetation. Our Sherpa crew will do all the hard works of carrying the tents, climbing gears and other necessary things needed for the further trekking and climbing. After a few hours of trekking, we will arrive at Thulo Bugin where there is a good campsite. We came here to end our day.

### **Day 10 : Trek to Hum Khola 4290m - 5 hrs walk**

After breakfast, we leave our campsite at Thulo Bugin and follow the trail that climbs gradually over the loose and rocky route for a few hours. Trekking in higher altitudes can be very tiring, so resting every now and then helps in restoring energy much needed for further trekking. We trek until we arrive at a good campsite near Hum Khola at 4,286 meters.

### **Day 11 : Trek to Miristi Khola 4150m - 5 hrs walk**

Today we leave our campsite at Hum Khola and follow the trail that comprises several ups and downs and then levels out for some time. After a few hours trekking, we approach Miristi Khola where there are good camping grounds. Once we arrive at Miristi Khola, our crew will set up the camps for our overnight camping.

### **Day 12 : Trek to North Base Camp 4200m - 5 hrs walk**

After breakfast, we leave our campsite at Miristi Khola and continue our trek over then the rather levelled path for some hours to reach Annapurna North Base Camp. After arriving at the campsite our Sherpa crew will set up the base camp and make necessary preparations for setting up additional camps at higher altitudes above the base camp. From now onwards we will take extra precautions with physical fitness and mental fitness in order to conquer one of the toughest 8000 meters - Mt Annapurna I.

### **Day 13 : Day 13-37: Climbing period - establish and acclimatize at various camps**

Climbing period - establish and acclimatize at various camps, following the expedition operator's itinerary and weather conditions.

Camps typically include Camp 1 (5,500 meters/18,045 feet), Camp 2 (6,500 meters/21,325 feet), and Camp 3 (7,400 meters/24,280 feet).

Climbing rotations and acclimatization hikes to progressively higher camps.

Final summit push involves climbing from Camp 3 to the summit of Annapurna (8,091 meters/26,545 feet).

Descent and Return:

### **Day 38 : Trek to Miristi Khola 4150m - 5 hrs walk**

Having achieved the summit of Mt Annapurna for a lifetime experience, we will make a relaxed start. After breakfast we engage ourselves in cleaning the base camp, then we prepare ourselves for the return journey. We start to retrace our steps on the same trail that heads back towards Miristi Khola. We will camp at Miristi Khola for the overnight stay.

### **Day 39 : Trek to Thulo Bugin 2680m - 6 hrs walk**

From Miristi Khola we continue to retrace our steps on the same trail that passes through Hum Khola. From there we descend steeply for a couple of hours and trek to reach Thulo Bugin Campsite for our overnight camping.

### **Day 39 : Trek to Lete 2490m - 4 hrs walk**

After breakfast, we leave our campsite at Thulo Bugin and follow the same trail that descends down to subtropical vegetation. We trek until we arrive back to Lete where we will spend our overnight in the comfy tea house at Lete. In the evening we will celebrate our achievement together with our climbing crew members.

### **Day 40 : Drive to Pokhara 820m - 7 hrs**

From Lete, we will take a 7 hours drive to reach back to Pokhara. You will be transferred to the hotel once we arrive at Pokhara. You can either have rest at the hotel or take an evening's walk in the beautiful city of Pokhara.

### **Day 41 : Drive to Kathmandu 1380m - 8 hrs**

After breakfast, we leave Pokhara and take a drive back to Kathmandu. It takes approximately four to five hours drive to reach Kathmandu from Pokhara. We will drive along Prithvi Highway which offers scenic hilly zigzag roads through the banks of Trishuli River. During our drive journey, we will have an opportunity to observe the daily survival activities of local people while we drive passing through roadside market towns and picturesque villages.

### **Day 42 : Rest Day in Kathmandu**

You would surely like to see as much of Kathmandu as possible. An early start is practical to visit the temples of Kathmandu. You can pay a visit to attraction destination (world heritage sites of UNESCO) sites that weren't possible on the second day of the trip. Also, walking around the shopping streets of Thamel is worth spending quality time at Kathmandu. We will celebrate the successful completion of Annapurna Expedition and have a final meal together in the evening.

### **Day 43 : Departure from Kathmandu.**

On this day, our staff will transfer you to the airport so that you can fly back home. Hope to see you in future. Namaste to all.

## Inclusions

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### What is included?

Airport pick up drop by private vehicles and Transfer to Hotel.

Kathmandu / Pokhara / Kathmandu Transportation both for expedition members and staff all.

4 nights hotel (3-stars) in Kathmandu, B/B plan

25 kg weight per Sherpa climber is allowed for expedition

Necessary Sherpa porters or mules for carrying equipment & loads

Twin sharing accommodation in available lodge/teahouse while trekking

3 times meals per day, (Breakfast, Lunch, and dinner) teas & coffees in trekking & during the camping period.

Common climbing gears like necessary rope, ice bars, ice screws, etc

Twin sharing tent of North face brand or similar for Base Camp

Experienced and government licensed trekking and climbing Sherpa guide during the trekking and climbing period.

All food and fuel for base camp and higher camps during the climbing period.

Paper works, Peak permit fees, Route fees, Annapurna Conservation fees, and Expedition Royalty fees

Kitchen, Dining, Store tent, mattress and all camping facilities needed in Base Camp.

The experienced and professional Sherpa staff at Base Camp: Base camp manager, cook, kitchen Boy.

Government liaisons officer and his salary & accomodation

Equipment medical & life, allowance, wages, life, medical & rescue insurance for all Nepali members.

Emergency oxygen bottle, mask & regulator at ABC (Use and pay)

Provision of 4L-Poix with 2 Oxygen bottles for each member and 1 Oxygen bottle for Sherpa + Masks and Regulators

Provision of 1 High Altitude Sherpa for assistance

Garbage disposal and managemant fee.

Immediate Rescue co-ordination (covered by your personal travel insurance)

Generator or solar panel for charging & lighting in Makalu Base camp

Satellite phone on pay call basis (1 min: \$4).

Walkie - talkie per member and climbing Guide as required for communication.

Welcome Dinner at typical Nepali Restaurant in Kathmandu.

### What isn't included?

International flight fare, taxes, and visas (visa charge USD 40 and 4 passport photographs for the visa).

Lunch and dinner in Kathmandu.

Your Personal trekking & climbing equipment

Excess baggage transport

All expenses of personal nature like Wifi, Hot Shower, bar bills, laundry, telephone, etc.

Travel insurance for accident, medical, emergency evacuation & lost baggage.

Tips for Base Camp Staff and Climbing guide.

Summit Bonus for sherpa

Applicable permit fee & custom fee for satellite phone, filming camera, communications - equipment (if brought)

Expenses that are not mentioned in the included section.

## **Complimentary**