



## We like...

- All the features of a trek in Nepal: suspended footbridges, a Buddhist monastery and Annapurna, one of the most dangerous mountains in the world
- Annapurna Circuit trek is rated as one of the most beautiful treks in the world
- The evenings in lodges where you will huddle around the communal fire with other trekkers and climbers
- Relax after you trek in the beautiful lakeside town of Pokhara.
- Dal Bhat, the traditional Nepalese meal, with lentil soup and steamed rice

## Trip Facts

Maximum elevation:	(5,415 m / 17,765 ft)
Location:	Nepal Annapurna region
Group Size:	1-12 people
Number of days:	16
Type of trek:	Quite large path, no exposure, Moderate trek

## Rating

Difficulty	▲▲▲▲▲
Fitness	▲▲▲▲▲



*Sunrise in the Annapurna Range*

## Why trekking with World Sherpas?

- The combined experience of clients and leading mountain/trekking guides into a single company
- An exceptional quality of services at the best price
- A knowledgeable and timely customer service
- The production of beautiful photos and videos to always remember an extraordinary expedition
- The use of Garmin InReach satellite systems for your family and friends to follow your progress every 10 minutes



See dates on website or Private Trip  
**Annapurna Circuit Trek**

**Price:**

US\$2,400  
 Per person

- Deposit: 30% at booking
- Balance: 70% one month before the departure date

<i><b>Included</b></i>	<i><b>Excluded</b></i>
<ul style="list-style-type: none"> <li>• All arrival and departure transfer services to and from airport (both domestic and international)</li> <li>• Domestic flight ticket Pokhara to Kathmandu</li> <li>• Transport of 1 duffle bag of a maximum weight of 15 kgs during the trek and on domestic flights</li> <li>• 3 nights' accommodation at a good quality hotel in Kathmandu on B/B basis on a double basis (single option at extra cost)</li> <li>• 1 night accommodation at a good quality hotel in Pokhara on B/B basis on a double basis (single option at extra cost)</li> <li>• Accommodation in lodges during the trek</li> <li>• Necessary staff including experienced trekking guide(s) and porters</li> <li>• Three meals a day (breakfast 1 item, lunch 1 item, dinner 2 items, each meal include hot drink, tea, coffee, hot lemon etc)</li> <li>• All permits required by the local regulations</li> <li>• First aid medical kit</li> <li>• Satellite phone for emergencies (available to members as a paying service)</li> <li>• Garmin InReach satellite tracker for the group</li> <li>• Welcome dinner in Kathmandu</li> <li>• 1 World Sherpas duffle bag or T-shirt</li> </ul>	<ul style="list-style-type: none"> <li>• Tips for staff (minimum \$300 per person)</li> <li>• Lunch and dinner in Kathmandu (except welcome dinner)</li> <li>• Extra's hotel charge at Kathmandu (bar bills, laundry, additional nights)</li> <li>• Personal expenses in lodges during the trek such as battery charging (cameras, phone, laptops), showers, laundry, beverages, bottled water and snacks</li> <li>• Additional nights in lodges during the trek not planned by us</li> <li>• Internet access during the trek (we can arrange a Nepalese SIM card and top-up card for you at Kathmandu for calls and internet)</li> <li>• Personal trekking equipment</li> <li>• Personal medical, travel &amp; evacuation insurance (mandatory)</li> <li>• International airfare</li> <li>• Nepal entry visa fee</li> </ul>

<b>Day</b>	<b>Program</b>
<b>1</b>	Arrival to Kathmandu (1,350 m / 4,430 ft) and transfer to hotel
<b>2</b>	Preparation day in Kathmandu Spend day at leisure in Kathmandu and picking up last few items for trek.
<b>3</b>	Drive to Dharapani (1,860 m / 6,102 ft)
<b>4</b>	Trek to Chame (2,715 m / 8,907 ft)
<b>5</b>	Trek to Upper Pisang (3,300 m / 10,826 ft)
<b>6</b>	Trek to Nawal (3,662 m / 12,014 ft)
<b>7</b>	Trek to Manang. (3,519 m / 11,545 ft)
<b>8</b>	Trek to Tilicho Base Base Camp (4,144 m / 13,595 ft)
<b>9</b>	Trek to Tilicho Lake (4,919m / 16,138 ft) and then back to Khangsar (3,756 m / 12,322 ft)
<b>10</b>	Trek to Ledar (4,500 m / 14,763 ft)
<b>11</b>	Trek to Thorong High camp (4,881 m / 16,014 ft)
<b>12</b>	Cross Thorong-La Pass (5,416 m / 17,769 ft) and trek to Muktinath (3 800 m / 12,467 ft)
<b>13</b>	Trek to Josmon and Jeep to Tatopani (2,474 m / 8,117 ft).
<b>14</b>	Jeep to Pokhara (822 m / 2,696 ft)
<b>15</b>	Flight to Kathmandu
<b>16</b>	Fly home

*The itinerary is indicative and is subject to changes according to weather and mountain conditions as well as other circumstances that the trekking guide will deem necessary.*



See dates on website or Private Trip  
Annapurna Circuit Trek

## Accommodation & Food

- Toilet and wash facilities in each village
- Showers (at a fee) available at lodges
- Breakfast and Dinner will be served in lodges
- Lunch will either be at lodge during trek, or a packed lunch will be provided
- Sleeping in lodges or other available accommodation
- Snacks & beverages can be purchased in lodges

## Communications

- Company satellite phone is available for a fee during the trek
- The use of Garmin InReach satellite systems for your family and friends to follow your progress every 10 minutes & unlimited text international text messaging

## Notes

There are some options for our free day in Kathmandu after the trek

- Everest flight (US\$200) early departure and weather permitting
- Half day Kathmandu City tour (US\$50)
- Shopping around Thamel
- Massage & Spa



*Moving up towards Thorong High Camp*



*Approaching Thorong La Pass (5,416m / 17,769 ft)*



*Lower sections of the Annapurna Trek*



*Sunset at Pokhara*



*Moving up the valley through the different landscapes tropical, to desert, alpine.*



*The beautiful village of Manang (3,519m / 11,454 ft) with the Annapurna range to the right.*