

## 24 Days Tilicho lake, Annapurna circuit and Annapurna base camp

- Day 01** – Arrive in Kathmandu (1,400 m). Overnight at a Hotel.
- Day 02** – Drive to Besisahar (830 m) in a Public Bus and Take a Jeep to Chame (2670 m) – 8 hours. Overnight at a Guesthouse.
- Day 03** – Trek to Pisang (3,300 m) – 6 hours. Overnight at a Guesthouse.
- Day 04** – Trek to Manang (3,500 m) via Bhraka (3,360 m) – 5 hours. Overnight at a Guesthouse.
- Day 05** – Acclimatization Day at Manang Village. Overnight at a Guesthouse.
- Day 06** – Trek to shrikharka (4250 m). 5 hours Overnight at a Guesthouse.
- Day 07** – Trek to Tilicho basecamp(4200 m). 3 hours Overnight at a Guesthouse.
- Day 08** – Trek to Tilicho lake and back to shrikharka. Overnight at a Guesthouse.
- Day 09** \_Trek to Yak Kharka (4,000 m) – 5 hours. Overnight at a Guesthouse.
- Day 10** \_Trek to Thorong Phedi (4,450 m) – 5 hours. Overnight at a Guesthouse.
- Day 11** – Trek to Muktinath (3,800 m) via Thorung La Pass (5,416 m) – 8 hours. Overnight at a Guesthouse
- Day 12** \_ Drive to Tatopani (1,190 m) – 6 hours. Overnight at a Guesthouse.
- Day 13** – Trek to Ghorepani (2,810 m) – 8 hours. Overnight at a Guesthouse.
- Day 14** – Hike up to Poon Hill (3,210 m) and Trek to Tadapani (2,610 m) – 7 hours. Overnight at a Guesthouse.
- Day 15** – Trek to Chomrong (2,140 m) – 5 hours. Overnight at a Guesthouse.
- Day 16** – Trek to Himalaya Hotel (2,950 m) – 6 hours. Overnight at a Guesthouse.
- Day 17** – Trek to Annapurna Base Camp (4,130 m) – 7 hours. Overnight at a Guesthouse.
- Day 18** – Trek to Bamboo (2345 m) – 6 hours. Overnight at a Guesthouse.
- Day 19** – Trek to Jhinu (1,780 m) – 5 hours. Overnight at a Guesthouse.
- Day 20** – Trek to Nayapul (1,010 m) and Drive to Pokhara – 6 hours. Overnight at a Hotel.
- Day 21** – Rest day in Pokhara. Overnight at a Hotel.
- Day 22** – Drive Back to Kathmandu (1,400 m) in a Tourist Bus – 7 hours. Overnight at a Hotel..
- Day 23** – Rest day in Kathmandu and farewell Dinner
- Day 24** – Transfer to the International Airport for Your Final Departure.

### INCLUDED IN THE COST

- Airport pickups and drops in a private vehicle
- 3-star hotel accommodation in Kathmandu and Pokhara with breakfast
- Teahouse accommodation during the trek
- Welcome /farewell dinners
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trek leader and assistant trek leader (6 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, food, and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- All necessary paperwork and trekking permits (ACAP, TIMS)

- Medical kit (carried by your trek leader)
- All government and local taxes

#### NOT INCLUDED IN THE COST

- Nepalese visa fee
- Excess baggage charge(s)
- Private transportation except what is mentioned in the What Is Included section
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and Dinner in Kathmandu and Pokhara (and also in the case of early return from the mountain than the scheduled itinerary)
- All meals (breakfast, lunch, and dinner) during the trek
- International flights
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guide(s), porter(s) and driver(s)

#### THE TREKKING GROUP

For the Annapurna Sanctuary Trek, there will be one leader, assistant leader (6 trekkers:1 assistant guide) and porters for carrying luggage (2 trekkers:1 porter) This arrangement ensures that should anybody in the group become sick, the trip can still go ahead as planned. We can run the Annapurna Sanctuary Trek for groups of any size; however, if you'd like to book this trip for a large group then that can be arranged too.

#### ACCOMMODATIONS

We will be staying star hotel in Kathmandu, & Pokhara. And teahouses during the trek. All accommodations are on a twin-shared basis. Single supplement will be served on request and will cost an additional. We will have ordinary rooms in most parts of the trek. Also, understand that single rooms are not easily available in higher elevations like they are in Kathmandu and the lower elevation regions.

#### MEALS

Meals will not include during trekking. while only breakfast will be include in hotel Kathmandu and Pokhara. There will also be farewell dinners for guests. The most common cuisines in most menus will be Nepalese, Tibetan, Indian and the more common continental.

#### TRAVEL INSURANCE

It is a condition upon joining any of trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

#### ACCLIMATIZATION

Itineraries, the Annapurna Sanctuary Trek is also planned to curb Acute Mountain Sickness which is very common during high altitude trekking. We ascend gradually so that we have optimum time to acclimatize to the high altitude environment. Trekkers with known heart, lung or blood diseases are required to consult their doctors before booking the trek

#### BEST TIME TO TRAVEL

Autumn (Sept. to Nov.) and Spring (March to May) are the best seasons for this trek. The weather is sunny and warm with outstanding views. If you wish to avoid crowds and enjoy some alone time with nature, then taking this trip during winter (Dec., Jan., and Feb) could also be an option.