

ANNAPURNA BASE CAMP TREK



Annappurna Base Camp Trek is among one of the most popular treks in the entire world. It is comparatively easy and shorter than any other trek routes in Nepal. You can enjoy the beautiful and amazing views of Machhapuchhre, **Annappurna** range, Hiunchuli, and Dhaulagiri on this excellent and incredible trekking journey. The highest point of **Annappurna Base Camp Trek** is 4130 meters from the sea level.

Besides the views of mountains, you will be able to witness and enjoy a beautiful culture of local Nepalese people, Diverse Terrain, and varieties of wildlife on this journey of the trek to **Annappurna Base camp**. Some of the highlights of **Annappurna Base Camp Trek** are hot springs, exotic flora and fauna, Gurung Museum in Ghandruk along with the spectacular and magical views of **Annappurna**, Dhaulagiri and Machhapuchhre mountains.

A **trek to Annappurna Base Camp** is a short 12-day hike through the most beautiful and diverse landscape with rich mountain vistas, Gurung villages, terraced fields, and a wide variety of flora and fauna. Mountain Sherpa Trekking and Expedition operates **Annappurna Base Camp Trek** throughout the year and is the most loved trek package among our clients. If you want to combine this trek with Ghorepani Poon Hill to **Annappurna Base Camp**, then our 14 days **Annappurna Sanctuary Trek** is one for you.



Activity Levels:

This involves longer treks (5 to 10 days) on maintained trails. The best way to prepare for a trek in Nepal is to make sure you're fit.

Duration:

12 days

AT A GLANCE

- Hotel and teahouse lodges with healthy meals provided on the trails
- Max. altitude of 4130m. We summit at the Annappurna Base Camp close by to the towering mighty Himalayas.

- Expert Local Sherpa guide & Staff will accompany during trek. 100% success Guaranteed.

Cost Includes

- Healthy meals during whole Trek
- Lodge Accommodation during trek
- Good Hotel accommodation in City
- Kathmandu-pokhara-Kathmandu flight
- All ground transfers by Private Car
- Local Sherpa guide [certified by Government]
- Necessary Porters [1 Porter for 2 Person]
- MSTE kit bag and Group medical kit
- Company T-shirt and Trek Map
- ACAP trekking permits fees, TIMS Card fee
- Guide and porter pay, meals and insurance
- Full day sightseeing in Kathmandu on day 2

Cost Excludes

- International Airfare and Nepal Visa fee
- Travel & Health Insurance
- Emergency Helicopter Rescue Insurance
- Lunch & Dinner in Kathmandu
- Any Alcoholic Drinks, Boiled & Mineral Water
- Tips for Guide & Porter
- Hot Shower, Battery Charges
- Unforeseen Cost such as Flight Cancellation
- Other Cost, which is not mentioned in Includes

ITINERARY

Day 01:: Arrival in Kathmandu [1,400 m/4,600 ft] and transfer to hotel-Overnight stay at Hotel

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. In the evening we will meet our senior trek guide who will brief the group about details related to our trek. Your first overnight in the ancient city of temples, probably the most in the world. Breakfast

Day 02:: Full Day tour of Kathmandu & flight to Pokhara [827 m/2,713 ft] Overnight stay at Hotel

After a good night's sleep and enjoying a hearty b/fast, we proceed for our tour of Basantapur Durbar Square. Recorded by UNESCO as a cultural World Heritage site, **Kathmandu Durbar Square** is a bunch of medieval temples, palaces, courtyards and streets that date back to the 12th and 18th centuries. Within this square we will find Hanumandhoka Palace Museum, Taleju Temple, Kumari Ghar (House of the Living Goddess), Kasthamandap and other temples and buildings as old as the city itself; from here we head for a tour of the famous **Boudhanath Stupa** {said to be the largest in the world} and a major centre of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos).

We next drive down to **Swayambhunath** {popularly known as **Monkey Temple**} "Swayambhu" means "self-created"

and refers to the myth that the hill sprung up suddenly from a great lake that once covered Kathmandu Valley. Our next destination is **Pashupatinath Temple**. This temple is dedicated to Hindu deity Lord Shiva and is said to be the most holy Hindu shrine in Nepal. Hereabouts we see a cremation ritual of Hindus at 'Aryaghat', the cremation area of the temple. This cremation site is used for the once royal family of Nepal and also for the simple Nepalese people who live within the country.

We then wrap up our Heritage tour with a trip to Patan which is one of the three medieval cities in Kathmandu and a destination for connoisseurs of great arts. We take a tour of the Patan Durbar Square - a UNESCO World Heritage Site. Located in the square is the Patan Museum (originally a Malla palace), Krishna Mandir- a stone temple of Lord Krishna with its 21 spires and art that displays scenes from the Mahabharata and Ramayana epics, this includes the Royal Bath or 'Tushahity' and the nearby Hindu and Buddhist temples. We return back to our hotel, refresh, and head down to the airport for our short flight to the city of lakes - Pokhara. Breakfast

Day 03:: Drive to Kande & trek to Pothana (1,990 m/6,234ft)-approx 5 hrs-Overnight stay at Lodge

After having breakfast at Hotel, it's a short ride to Kande, the initial point of the trek. It is a small village beside the highway, which has a respectable population and rudimentary facilities. From Kande an hour's ascent brings you to the summit of the ridge (with great views ahead), then trek gently via the 'Australian Camp' to join the Dhampus route at Pothana. There are several perfectly adequate lodges at Pothana. The ones further up the street have superb views towards the Annapurnas. We spend our first night in Pothana. Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

Day 04:: Trek to Jhinu Danda/Hotspring [1,800 m/5,906 ft]:Approx 5/6 hrs-Overnight stay at Lodge

From Deurali we descend steeply down through forest then contour around through villages and terraced fields to camp in the picturesque Gurung settlement of Landruk, which affords spectacular views of Annapurna South and Hiunchuli. After lunch at Landruk, We descend all the way down to the river, to cross at New Bridge. Our route now climbs quite steeply, high above the river, through bamboo forest and isolated farmsteads. Finally we reach the **Jhinu Danda** our overnight place for tonight. Those who are energetic can take the path 20 mins down to bath in the **hot springs** here next to the river. Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

Day 05:: Trek to Bamboo (2,510 m/8,235ft):Approx 5/6 hrs-Overnight stay at Lodge

From Jhinu Danda it's a hot climb to reach the crest of the ridge and then around to Chhomrong village. Chhomrong is built on the steep hillside and has a few shops and several tea-houses, wooden lodges and the whole village has stunning, prominent views towards Macchappuchare (Fish-Tail Peak).

After short teak break, we leave Chhomrong along the Modi Khola leaving behind inhabited foothills into the high step and wooded slopes of Himalayas. We cross the suspension bridge then trek up to Sinuwa Danda. The ascent from Sinuwa becomes somewhat flatter. The trail passes through thick and dark rhododendron forest up to Khuldighar. Then, we descend a long and steep stone steps into deep bamboo and rhododendron forests through which we reach Bamboo for overnight stay. Dinner and overnight at the local lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

Day 06:: Trek to Deurali (3,230 m/10,597 ft) : Approx.4 hrs-Overnight stay at Lodge

We hike by bamboo forest which is damp and chilly and then ascend steadily with fewer steep sections. It is only after reaching Himalaya Hotel that the forest opens up and we are out in the sun again with astounding views of the glacial river below. It is a steep climb up through a much drier forest before reaching Hinku Cave. From here we can see the trail drop closer to the river before climbing again to Deurali, the most charming stretch of the day. The vegetation is sparser, allowing

delightful views of the valley, the river below, and the sheer rock face cliffs above with bands of flimsy waterfalls. Overnight at a lodge in Deurali.

Meals included: Breakfast, lunch and dinner

Day 07:: Trek to Annapurna Base Camp (4,130 m/13,549 ft) - Approx 4/5 hrs-Overnight stay at Lodge

As we hike the Annapurna circuit trail for 2 hours, we descend a small ridge branching out from the mountain pass to mountainside with widespread green terraced fields displaying serene meadows and lush abundant farming land. As we reach Annapurna South Base Camp, we begin to eyewitness awe-inspiring pictorial landscapes, grandiose panoramic views of snow-capped mountainous peaks and varied Himalayan cultural settings tucked beneath the southern slopes of the Annapurna massif. This dazzling display of sweet nature is something we'll never forget. After this wonderful experience, we head down to our lodge.

Meals included: Breakfast, lunch and dinner

Day 08:: Trek down to Dovan (2,340M/7,677 ft) - Approx 5/6 hrs-Overnight stay at Lodge

Get up in the early morning and savor the magnificent sunrise over the Himalayas from ABC. After taking breakfast, we start descending from ABC to Bamboo back through MBC, Deurali and finally reach Dovan. Heading back down to the valley is much easier than climbing up. You will see the waterfalls that drop down from a high point to the rocks below. We pass through the forests with great views of Fishtail and Hiunchuli mountains. Overnight in Dovan. Dinner and overnight at lodge (Teahouse)

Meals included: Breakfast, lunch and dinner

Day 09:: Trek to Ghandruk Village [1,940 m/6,365 ft] - Approx 5 hrs- Overnight stay at Lodge

From Dovan, we hike along the mountain path of stone steps, pass through a pretty hamlet, cross a suspension bridge and then we walk through dense forest of bamboo. Finding ourselves in complete isolation amidst the serenity of nature can be quite an experience. Our trek does not stop here. After trekking for a while, we approach teahouses at Sinuwa where we can relax and enjoy a drink or snacks. We then resume our trek to the north, descending Daaulu and after having walked for five hours, we soon find ourselves at Chhomrong. From Chhomrong we can get gripping views of Machhapuchare. There are many chalet-style wooden lodges at Chhomrong. From Chhomrong, we take different route to ghandruk vilage.Overnight in Ghankdruk village.

Meals included: Breakfast, lunch and dinner

Day 10:: Trek to Naya Pul then drive to Pokhara: 6 hours trek, 1 hour drive

We first descend further along the trail showcasing rich rhododendron forests, splendidly cascading sparkling mountain streams and other magical vistas of nature that surprise us. After continuously climbing for 3 hours, we step on the territory of Tadapani at an altitude of 2590m. Tadapani offers the most awesome mountain views of the overpowering peaks of Annapurna South. We then crash out for the night at our lodge.

Meals included: Breakfast, lunch and dinner

Day 11:: Transfer to Airport & Flight Back to Kathmandu, Transfer to Hotel

After b/fast, we hang around for some time before our flight, and in this spare time we can do some shopping. We then get into our vehicle and head down to the airport for our flight to Kathmandu. On touching Kathmandu, our day is free to do our own things. For suggestions, you can do some valley shopping, or enjoy tour around Bhaktapur city, or relax at hotel, there are a whole lot of other activities if you feel like it. In the evening we will have a farewell dinner in a traditional Nepalese

restaurant with a cultural performance by the local belles. (Your guide(s) and an office staff will accompany you.) Overnight at your hotel **Breakfast**

Day 12:: Drive to the Airport to head back to that lovely place we call ‘home’

After b/fast, our rep and office vehicle will be on standby at our hotel to transfer us to the airport for our connecting flight home. Serving you was a wonderful joy and pleasure, we at Mountain Sherpa Trekking and Expeditions will cherish the bonds of our relationship created over the time you spent with us and we thank you for choosing us as your travel partner and for visiting this amazing country Nepal. This homely trek in the amazing Annapurna region will give you lifetime memories of a vacation worth its weight in gold. Adios friends! Till we meet again. **Breakfast**

ACCOMMODATION

02 Nights Deluxe accommodations in Kathmandu at 3 Star Or 5 Star Category Hotel as per itinerary

02 Nights Deluxe accommodations in Pokhara at 3 Star Or 5 Star Category Hotel as per itinerary

07 Nights best Mountain lodge comfortable room with attached bathroom & hot shower where available

All accommodation is on a twin sharing basis [Single rooms can be organized during trek at extra cost]

Hotel in Kathmandu & Pokhara city single rooms are available at a supplementary cost.

*******What kind of food I can expect during trek*******

----- **Morning Breakfast [6:30-7:30 AM]**-----

- Tea or Coffee, Hot chocolate, lemon tea, hot milk or green tea
- Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet,
- Bread items- Toast, Pancakes, Chapati & Tibetan Bread
- Porridge with Honey

-----**Afternoon Lunch [12:30 - 1:00 PM]**-----

- Curry with Rice, Pasta, Noodles item, fried rice, fried Potatoes, Mo.Mo

-----**Evening Dinner [6:00-8:30 PM]**-----

- Sherpa Stew, vegetable Soup, mixed Soup, Potato Shop
- Dal bhat tarkari - a soup of lentils with rice and a vegetable curry
- Fried potatoes with veg, MO. MO, fried Noodles, Pasta, mash potatoes with Chesse

Extra special from Mountain Sherpa trekking

Welcome/farewell Dinner with live Cultural Show at typical Nepali Restaurant

----- **Safe Drinking Water** -----

You can get bottled water all the way up to base camp but the price per liter goes higher and multiplies significantly. It is recommended to bring steripen (UV filtration) or iodine tabs for water purification with soft plastic bags so that you can purify the water from local source and make it safe for drinking purposes. At tea houses you will be served with boiled water.

And please be noted that don't drink water from local taps and resources as it would prone you to water borne illness and affects the whole trekking journey.

VITAL INFORMATION

***** Climate and Seasonality *****

Nepal is subject to monsoon which determines the choice of [trekking areas](#) depending on the season: Spring, from March to May is ideal to watch the explosion of vegetation, including rhododendrons. trek around the Annapurna to Everest & langtang would be the best choice. In Spring Season, Generally clear skies in the morning & marked cloudiness in the late afternoon. The more we advance towards the month of May (monsoon), the more clouds rise early.

Mid September to November: This is the main **trekking season in Nepal**. Day temperatures in Kathmandu are approx. above 20degC. Skies are usually clear and days on trek are sunny and mild with clear mountain views. Nights will be colder with temperatures dropping as low as to -5degC at the higher altitudes.

Summer Season Starts from June to September. The regions of Lower dolpo Trekking and [Mustang trekking of Nepal](#), and nepal and tibet tour & treks can be done in the monsoon.

Winter, from Mid December to late February, the cold is dry, the clear sky, the sunshine ... Many benefits without the tourist season. For example, short trek like chisopani and nagarkot trek, ghorepani poonhill trekking, Ghandruk Village trek would ideal for Winter Treks.

Travel Insurance:

It is a condition of joining any of our holidays that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out delayed departure and cancellation insurance, as all deposits paid are non-refundable.

[A relaxed trip is not possible without good travel insurance. In the event of any sickness or injury, the cost of emergency treatment and evacuation is shocking. Therefore, travel insurance is strongly recommended for everyone who signs up with Mountain Sherpa Trekking & Expeditions.](#)

We strongly recommend that you be careful while choosing a policy as some makes special exceptions for adventure travel. Before buying your insurance, please ensure that your insurer is aware of your MSTE itinerary and can agree to cover the activities being undertaken in the trip to Nepal, Tibet, Bhutan & India. Such as if you are planning trekking or climbing/expedition in Himalayas your insurance must cover emergency air ambulance/helicopter rescue including medical expenses. For a group tours in urban areas, your insurance coverage of ambulance or helicopter rescue is not mandatory, however better to have with them too. Again, in Tibet, Bhutan & India trips there is no possibility of helicopter rescue, so no need to buy the air ambulance coverage. You need send us your copy of your insurance policy (e.g. your insurance certificate) or carry it with you while you come on the trip.

FAQS

How Fit Do I Need to Be to Do the Annapurna Base Camp Trek?

Annapurna base camp trek is recommended for average people who are reasonably fit. This trek is less demanding than other trek in Nepal, thus no prior experience is required. However, we suggest you to do some physical fitness programs such as running, swimming, hiking before embark on your journey.

Because of ascents and descents walking, the Annapurna Base Camp trek is not appropriate for anyone with knee problems

or weak ankles. Anyone with heart trouble or lung problems should check with their doctor.

What sort of accommodation can I expect in Kathmandu, Pokhara and in trekking?

We use standard rooms at quality hotels in Kathmandu and Pokhara with breakfast included. Along the trekking routes, teahouses/lodges generally provide basic clean facilities with a mattress and a quilt or blanket. We can also offer you sleeping bags if needed (to be returned after the trip) but it is a good idea to always have your own sleeping gear. The lodges in trekking routes generally provide single and double rooms, or seldom a dormitory. At times when possible, dining will be around a bon fire. In tea houses, food will be prepared in the kitchen which you should not enter without permission. The toilet in tea houses provides essential and basic facilities and will be always outside the room.

What sort of food can I expect in trekking?

Most teahouses (lodges) in Annapurna Base Camp trails cook a delicious range of mostly vegetarian fare. Pasta, tuna bakes, noodles, potatoes, eggs, daal bhat(rice and lentils), bread, soup, fresh vegetables (variety depends on the season) and even some desserts like apple pies, pancakes, and some interesting attempts at custard. You will find a lot of garlic on the menu because it assists with acclimatization – eat some every day. In many larger villages you may find some meat items on the menu. You can always get hot chocolate, tea, and hot lemon drinks, as well as soft drinks, and treats like chocolate and crisps. Each day dinner and breakfast will be at a lodge you'll stay at while lunch will be taken on the way to destination.

Do your guides have trekking guide license and first aid training for high altitude?

Yes, they have all received 45-day training from the Hotel Management and Tourism Center in Nepal. The guides have also received high altitude first aid training from KEEP (Kathmandu Environmental Education Project). Please check our Trekking Guides Profiles and Training Certificates.

What opportunities will I have for shower along the trek?

In major places, we arrange guesthouse with hot shower. And in rest of the places, water in bucket will be provided for shower.

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.

What is the maximum weight for my trek bag?

We ask that you keep the weight of your trek bag maximum 15kgs. Each porter can carry maximum 30kgs = 2 clients trek bags @15kgs per bag per person.

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

The hotel we use in Kathmandu & Pokhara has a secure locked room where they store client's 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 use porters on the trek or do we carry all of our own gear? 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 Annapurna Base camp trek?

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 reaching the Annapurna base Camp?

We boast 100% success rate to date on our Annapurna Base camp trek, this is achieved because of our highly experience local Sherpa guides & staff. As we are 100% local Sherpa Company in Nepal. Our entire guides & staff are 100% Local Sherpa people. **"Sherpas 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 skype with us, see the Contact us button on the website."

WHY BOOK WITH US

CUSTOMER SERVICE CHARTER

Mountain Sherpa Trekking & Expeditions are committed to providing excellent service. We will provide all the necessary help and support to ensure an enjoyable trip for you. Where we can, our focus is travelling sustainably to offer you a meaningful and low impact journey through Nepal.

We are committed to remaining honest and transparent to our clients, providing one on one consultation up until departure. We expect our clients to take advantage of this service either face to face or over the telephone/Skype to ensure a well prepared tour, we also provide pre-departure group briefings and look forward to any post-departure feedback. All of our previous clients have been highly satisfied with our service and it is important to us to maintain this in the years to come. Nepal is a land of many surprises and Mountain Sherpa trekking & Expeditions does our best to set the right expectations of the places, people, systems and services you may come across while visiting Nepal.

CARE OF PORTERS

These guys need a separate category - they are the backbone to our company. None of this is possible without them. They work tirelessly for us to make sure that your vacation is perfect. They arrange and carry all. They are always the last to leave a Lodge/campsite and first to arrive. We try to repay their effort with better treatment than any other company provides. We give proper salaries, equipment and insurance to all our porters. In fact most trekking and supply porters come from the

lowlands and ascend to work during the trekking seasons. We work with this village to ensure their families have all the tools they need and their children are set for school. We donate books, computers and even a teacher and have brought clients to help whenever interested. We are lucky to have these guys and will always think of special ways to honor them.

GIVING BACK TO COMMUNITY

Mountain Sherpa Trekking & Expeditions was created with the purpose to give back. It is very important for those who can to help those who can't. We don't see this happening enough in Nepal and it was the inspiration for this company. We work closely with one of the main supporters of Mountain Sherpa Foundation, A non-political and non-profit social organization. Our foundation provides much-needed head start scholarships to less fortunate Sherpa children. In Nepal many children grow up in remote mountain villages, deprived of basic education. The Mountain Sherpa Foundation mission is to help the next generation find their way to a brighter future. For every booking of your trip, a small donation is made to this fund to provide full education scholarships to children. So far, we have 7 children in our program, and it grows every year. By doing this, we honor the dreams of our elders to make a better world. Although the Mountain Sherpa foundation is supported by Mountain Sherpa Trekking & Expedition, we always welcome kindness of friends. For more details visit: [Mountain Sherpa Foundation](#)

100% LOCAL SHERPA OWNED COMPANY

We are 100% local **Sherpa** owned adventure Travel Company. We have some of the world most experienced and respected Mountain Sherpa guides as well as reliable, well-trained professional outdoor crew. Mountain Sherpa Trekking & Expeditions employee expert local Sherpa guides & staff. So, we assure **100% safety & guaranteed** successful trip in Himalaya with us. We utilize as many local resources as possible, including local Sherpa guides and produce. With sustainability a main focus of ours, we do promote the new destinations to tourists which will in turn maximize the benefits for the local people of Nepal. We encourage the Nepali locals to preserve their culture and communities by sharing with them the understanding of the benefits of sustainability.

SAFETY- ALWAYS OUR FIRST PRIORITY

Every Mountain Sherpa Trekking & Expeditions Sherpa guide has received training in first aid from a physician. We conduct mandatory training every year - every single Mountain Sherpa trekking guides attend. When guiding you, they will have with them a first aid kit for basic medical problems (traveler's diarrhea, cuts/ scrapes, etc.) and oxygen. They know how to make you feel better.

In case something unexpected happens and you feel you can no longer complete the trek, they will figure out the safest and quickest way off the course and to a clinic. You will never be left alone, you will have a member of the team escort you every step of the way until safely with a doctor. When you are feeling up to it, we will make sure that you still have the chance to visit Everest base camp and re-connect with your group or you can explore the area on lower part.

NO HIDDEN FEES

We are very clear about what is and is not included in our tour prices. Some of the lower priced trekking companies do not include such basic things as accommodation in city and food during trek. Also our price includes best expert local Sherpa guides & staff. We are only one company in Nepal that employee 100% local Sherpa guides. Many companies use unskilled guides & even do not carry basic first aid kits. If you are comparing prices, be sure you take into account exactly what you are getting. If they are vague about it, chances are you will find yourself with some unexpected expenses! No surprise expenses from Mountain Sherpa Trekking & expeditions!

100% GUARANTEE DEPARTURE

For all of our treks and tours we only require a minimum of two travelers. The majority of our clients have at least 2 in their group, which means that you can choose virtually any date to start your tour or trek. If you are traveling solo, we are very



happy to place you in one of our existing groups, subject to availability. For solo traveler, we also organize special private trek.