

# Annapurna I Expedition 8091m

## Standard Itinerary

### Annapurna I Expedition Itinerary:

#### Day 01: Kathmandu

Arrival in Kathmandu 1350m/4428ft. Airport pickup by a representative of Himalayan Nepal Trek and transfer to hotel on BB plan.

#### Day 02: Preparation

Preparation, Briefings at Departments of Tourism. Overnight at Hotel on BB plan.

#### Day 03: Pokhara

Drive from Kathmandu to Pokhara 950m/3,116ft 6 hours. Overnight at Hotel on BB plan.

#### Day 04: Tatopani

Drive from Pokhara to Tatopani (Naturel Hot Spring) 1110m/3,641ft 5/6 hours. Overnight at Lodge.

#### Day 05: Lete

Drive from Tatopani to Lete 2300m/7,546ft 4 hours. Overnight at Lodge.

#### Day 06: Jungle Camp

Trek from Lete to Jungle Camp 2900m/9,515f 5 hours. Overnight at Lodge.

#### Day 07: Miristi Khola

Trek from Jungle camp to Miristi Khola 4260m/13976ft 5/6 hours. Overnight at tented camp.

#### Day 08: Annapurna Base Camp

Trek from Miristi Khola to Annapurna Base Camp 4200m/13,780ft. 5/6 hours. Overnight at tented camp.

#### Day 09- 38:

Climb Annapurna I (8091m/26545ft.) Base Camp to Base Camp.

## **Day 39: Miristi Khola**

Trek from Annapurna Base camp to Miristi Khola 4260m/13,976ft 5/6 hours. Overnight at tented camp.

## **Day 40: Jungle Camp**

Trek from Miristi Khola to Jungle camp 2900m 976ft 5/6 hours. Overnight at tented camp.

## **Day 41: Lete**

Trek Jungle camp to Lete 2300m/7,546ft 976ft 6 hours. Overnight at Lodge.

## **Day 42: Tatopani**

Drive from Lete to Tatopani 1110m/3,641ft 5 hours. Explore the natural hot spring. Overnight at Lodge.

## **Day 43: Tatopani**

Drive from Tatopani to via Beni Pokhara Kathmandu 1350m/4,429ft 10 hours. Overnight at Hotel on BB plan.

## **Day 44: Pokhara**

Leisure day evening farewell dinner in a typical Nepali cultural dance restaurant. Overnight at Hotel on BB plan.

## **Day 45: Departure**

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

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## **Includes and Excludes**

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- 2 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 4 nights hotel in Kathmandu 5\* Marriott Hotel single room on bed and breakfast plan.
- 1 Welcome Dinner in a Nepali cultural dance restaurant with office Staff.
- Assistance for cargo clearance in Nepal's Customs, clearance cost is subject to a charge.
- 1 Nights Hotel in Pokhara (3-star category) twin Sharing room on Bed and breakfast plan
- Expedition Royalty and permit of Nepal Government to climb Mt. Annapurna I, Annapurna Conservation area entry permits and fee
- 1 Government Liaison officer with full equipment, salary, and accommodation
- Stool Shipment Transfer & Garbage Deposit fees.
- Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
- Trekking and climbing map.
- One Himalayan Nepal Trek Duffel Bag.
- Drive by tours Bus Van, Jeep from Kathmandu to Pokhara and drive from Pokhara to Tatopani, Lete (by jeep) While returning; Drive from Lete/ Tatopani (by jeep) from Tatopani to Kathmandu Jeep Tourist Bus as per itinerary.
- Transportation of all necessary equipment for all Members and Staff from Kathmandu to Lete (by Bus) and from Lete to Base camp (By Porters or Mules– depending upon condition) While returning; Base camp to Lete, Mules or Porters– depending on condition) and Lete to Kathmandu (by Bus)
- Up to 60 Kg per member for personal baggage during the trek carried by porters or mules.
- 3 meals a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek and at the Base Camp, Hygienic and fresh green vegetables, fresh meat, fruits, soft drinks, and juice will be served regularly during the entire expedition using Porters close by Lete Well-managed base camp set up for members and Staffs.
- All necessary logistic arrangements for camping during the trek.
- 1 Porter per member up to and from Base camp (both ways).
- Experienced and well-trained Base Camp Cook and kitchen Helpers as required.
- All Nepalese staff and porter's daily wages, salary, equipment, food, and clothing.
- Each member will have an individual north-face tent in Base Camp.
- Single Tent, foam mattresses and pillow per member, 1 Dinning Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet and 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staff, Store tents, Tables, chairs, and all necessary cooking gears.

- Heater at base camp in each Dining.
- 1 Solar panel and Generator for lights at base camp, for the battery charges, laptop, and other electronic devices.
- Oxygen, Mask Regulator, Ice wall, and Ladder training at base Camp by a professional guide.
- 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa) during the entire climb from Base Camp to the summit and back, and on each rotation.
- Climbing Sherpa to assist in carrying your gear to the high camps.
- Climbing Sherpa's Salary, Equipment, Food, and Clothing.
- Summit Oxygen: 3 oxygen bottles (4 liters) for each member and 1 oxygen bottle for each high-altitude Sherpa.
- 1 Set of Summit Oxygen masks and regulator for each member and high-altitude Sherpa, which has to be returned after the expedition.
- Back up Oxygen Cylinder, mask, and regulator (with appropriate charge).
- High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews at (C1), (C2), and (C3) Group climbing gears and fixed and dynamic rope during the climbing period as required.
- Members will share tents in the above-high camps (2 members: 1 tent).
- The team of experienced Sherpas (including personal Sherpa) will fix the route in Dhaulagiri (no extra charge will be applied to members).
- A Satellite Phone for emergency communication carried by Sherpa is also available for members at the appropriate charge.
- Walkie-Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
- Satellite Phone/Walkie-talkie permit for all members and staff.
- Internet facility will be available at the Base Camp (subject to a charge).
- Weather forecast reports regularly from Meteo test, Bern (Switzerland) during the entire expedition.
- Comprehensive Medical kit for members and staff.
- Mt. Annapurna, I climbing certificate issued by the Ministry of Culture, Tourism and Civil Aviation (Nepal) (after climbing Mt. Annapurna I successfully).

## **Excludes**

- International flight airfare (from and to Kathmandu).
- The Nepal entry visa fee is 125 USD for 90 Days.

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- Lunch & dinner during the stay in Kathmandu and Pokhara (also in case of early return from Trekking / Expedition than the scheduled itinerary).
  - Extra nights' accommodation in Kathmandu and Pokhara, In case of early arrival or late departure, early return from Trekking / Expedition, domestic flight (due to any other reason) than the scheduled itinerary.
  - Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high-altitude rescue & air evacuation, medical treatment, repatriation, etc.) is Mandatory.
  - Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any Alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
  - Clothing, Packing Items, Bags, Personal Medical kits, and all kinds of Personal Trekking / Climbing Gear.
  - Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
  - Special Filming, Camera, and Drone permit fee.
  - Internet services during the trek.
  - Summit bonus for climbing Sherpa- Minimum 1500 USD.
  - Calculate some tips for Basecamp staff – Minimum 400 USD.
  - Other services or activities, which are not mentioned in the itinerary and other items not listed in the “Cost Includes” section.
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