

ANNAPURNA CIRCUIT WITH TILICHO LAKE TREK





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TRIP HIGHLIGHTS

Experience some of the most diverse landscapes you'll see on a single trek in Nepal.

Muktinath temple, one of the world's highest temples, is a sacred site to Hindus and Buddhists, and said to be the only place on Earth to host all five elements.

Love apples? Well, Marpha, Jomsom is the home of the world's BEST apples and apple brandy. It's a must try!

soothe away the tension and aches of your epic adventure with an afternoon dip in the hot springs of Tatopani. Fed by an underground thermal source, this is as natural as it gets!

Find yourself in the Heart of the Himalayas - surrounded by gigantic hills and even grander mountains. It's almost as if the rest of the world doesn't exist!



Trip Duration	20 days
Grade	Challenging
Max. Alt.	5,416m
Summary	20 day trip: 1 day sightseeing in Kathmandu, 3 nights hotel in Kathmandu, 1 night hotel in Pokhara 17 nights teahouse on trekking trail

WELCOME TO SHERPA SPIRIT TREKS

Thank you for your interest in trekking in Nepal with Sherpa Spirit Treks. We are a local trekking agency in Nepal with more than 30 years of combined experience in the trekking industry in Nepal. It is important to us that your time visiting Nepal is memorable for all of the right reasons. Which is why we not only help you to discover not the magnificence of the mountains here, but also walk with you as the mountains worked their magic on your soul.

WHY TREK WITH SHERPA SPIRIT TREKS?

- We have over 30 combined years experience in the trekking industry in Nepal.
- We have a strong passion for trekking AND the people of Nepal. We provide conditions that empower and support the people of Nepal and their families.
- While we might provide you with an itinerary, we are flexible and allow you to move at your own pace. You won't be rushed or prompted to reach the destination without first enjoying the journey.
- You have the option of booking your own trekking adventure, or joining a pre-arranged group (as available) - all of our groups are kept small to allow you to feel safe and comfortable.

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SOLO TRAVEL THE TRIP

At Sherpa Spirit Treks, we do not require single travellers to pay a surcharge for travelling alone. In fact, we admire you for doing so! In our pre-arranged group treks, we will arrange for you to share accommodation with another trekker of the same gender. If we can't match you up we will provide a single room at no extra charge. However, if you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

Annapurna Circuit Trek is a captivating and much rewarding trek in the Annapurna region. Popular with trekkers for years, this trek encompasses a well-defined route in the foothills of the Himalayas, with views of impressive hills and mountains. It also has one "little extra" that most trekkers miss out on - a visit to Tilicho Lake, the world's highest altitude lake! At an altitude of 4,949m this "little extra" is going to take your trek to the next level! Finally, we end in Muktinath, one of the world's highest temples and a holy pilgrimage site of both Hindus and Buddhists. So if you truly want to have the best of all that Nepal trekking has to offer, then this trek will not disappoint!

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AT A GLANCE

Arrival	Arrive in Kathmandu
Day 1	Sightseeing & trek preparation in Kathmandu
Day 2	Kathmandu to Khudi by Tourist Bus
Day 3	Khudi to Sirung
Day 4	Sirung to Jagat
Day 5	Jagat to Dharapani
Day 6	Dharapani to Chame
Day 7	Chame to Pisang
Day 8	Pisang to Manang
Day 9	Acclimatization and rest day in Manang
Day 10	Manang to Khangsar
Day 11	Khangsar to Tilicho Base Camp
Day 12	Tilicho Base Camp to Tilicho Lake and return to Tilicho Base Camp
Day 13	Tilicho Base Camp to Yak Kharka
Day 14	Yak Kharka to Thorong Phedi or High Camp
Day 15	Thorong Phedi/High Camp to Muktinath
Day 16	Muktinath to Jomsom or Marpha
Day 17	Jomsom/Marpha to Tatopani
Day 18	Tatopani to Ghorepani
Day 19	Ghorepani to Pokhara via Nayapul with an early morning side trek to Poon Hill
Day 20	Fly Pokhara to Kathmandu
Departure	Departure

WHAT'S INCLUDED

- ✓ Airport pick up and drop off in a private vehicle
- ✓ 3-star hotel in Kathmandu and Pokhara with breakfast (twin-share: 2 nights in Kathmandu before the trek and 1 night in Kathmandu after the trek)
- ✓ Teahouse accommodation during the trek (twin-share)
- ✓ All meals (breakfast, lunch, and dinner - including hot beverages) during the trek
- ✓ Welcome dinner & farewell dinner (with cultural show)
- ✓ Guided city tour in Kathmandu with private vehicle
- ✓ Domestic flight from Pokhara to Kathmandu
- ✓ Experienced, English-speaking and government-licensed lead trekking guide (assistant guide provided for 4+ trekkers)
- ✓ Porters (1 porter for 2 trekkers)
- ✓ Staff costs (salary, insurance, transport, equipment, meals, and accommodation)
- ✓ Group first aid kit (carried by your lead trekking guide)
- ✓ Down jacket & sleeping bag (to be returned after trek completion)
- ✓ Sherpa Spirit Treks waterproof duffel bag, t-shirt and trekking map (for you to take home)
- ✓ Sherpa Spirit Treks Certificate of Completion

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QUICK FACTS

Visas

Please see below for our note on Visas, and check with your travel agent or the local Nepalese Diplomatic mission in your country for visa requirements.

Vaccinations

Please check with your local GP or Travel Health Clinic for information on vaccination recommendations and requirements.

Leader

This trek is escorted by an experienced, English-speaking and government-licensed trekking guides.

- ✓ All necessary paperwork and trekking permits (ACAP, TIMS card)
- ✓ All government & local taxes

WHAT'S NOT INCLUDED

- ✗ Your round-trip international airfare from home
- ✗ Visa and country entry costs
- ✗ Excess baggage charges
- ✗ Meals in Kathmandu (except Welcome/Farewell dinners - because there are so many amazing places for you to explore!)
- ✗ Extra night accommodation in Kathmandu for early arrival or late departure, or early return from the trek (due to any reason) than what is included in the scheduled itinerary
- ✗ Travel, personal, medical, rescue, and cancellation insurance
- ✗ Personal expenses (phone calls, laundry, alcoholic beverages and bar bills, charges for wifi or to charge personal electronic devices, hot water charges for showers, boiled or bottled water, confectionery, soft drinks, donations)
- ✗ Tipping and gratuities for guides, porters, drivers, etc
- ✗ Medical and rescue expenses

TRIP HIGHLIGHTS

- ✓ Imagine yourself surrounded by gigantic hills and mountains as you find yourself in the heart of the Himalayas! This trek is guaranteed to reset your mind, body and soul as you surrender to the majesty of the mountains through your trek. While this is going to be a difficult adventure, the beauty of these mountains and the sense of achievement upon completing your trek is going to make it all worth it. And we promise you, nothing can beat that feeling of achievement!
- ✓ Our trail not only passes, but also rests for an evening at Machapuchare Base Camp. Climbing of this coveted twin peak mountain is prohibited, but you are going to be able to witness the glory and grandeur of this fish-tail shaped mountain up close and personal. No other peaks can compare to its beauty, and you get to soak it all in for a whole evening!
- ✓ Take in the panoramic views of Annapurna Sanctuary, as you rest at Annapurna Base Camp. A high glacial basin at an altitude of over 4000 meters, you'll be surrounded by the Annapurna Range, a ring of mountains, most of which are over 7000m. With the only entrance a narrow valley between the peaks of Mt Hiunchuli and Mt Machapuchare, where run-off from glaciers drains into Modi Khola River, the Sanctuary was not penetrated by outsiders until 1956.
- ✓ Get first hand experience of the unique Himalayan ecosystem. The trail winds alongside terraced rice paddies, lush rhododendron forests and high altitude landscapes with the Annapurna Range in view most of the time. And if you're lucky, sightings of rare and endangered species of animals like snow leopard and musk deer are not uncommon in the region. Other animals such as Himalayan tahr, blue sheep and a host of birds are found aplenty here.
- ✓ You are going to be travelling through some of the most picturesque villages in this region (perhaps the whole of Nepal!) - the Gurung villages of Chhom-

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TRIP GRADING

Challenging

This trek is rated as Challenging. It involves numerous, consecutive days of walking long-distances, and the trail is often times steep and may be unsteady in some places. It climbs to high elevations (above 3,000m), where there is a risk of altitude sickness. You will be required to walk both uphill and downhill, to cross suspension bridges, and old landslide locations. You will need to be able to carry a daypack weighing up to 10kg.

ADVENTURE TRAVEL

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trek we recommend that you contact us.

ALTITUDE SICKNESS

Altitude Sickness or Acute Mountain Sickness (AMS) is a real risk on treks that climb to altitudes close to or above 3,000m. It can be potentially fatal, and the best preparation is to understand the signs and symptoms, and to know the best treatment. Please refer to our website for more information.

IMPORTANT NOTE

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

rong and Ghandruk. These villages host dramatic views of the mystical peaks of Mt Annapurna, Mt Machapuchare, Mt Gangapurna and Mt Hiunchuli, and also serve as the gateway to the Poon Hill trek.

- ✓ You are going to be travelling through some of the most picturesque villages in this region (perhaps the whole of Nepal!) - the Gurung villages of Chhomrong and Ghandruk. These villages host dramatic views of the mystical peaks of Mt Annapurna, Mt Machapuchare, Mt Gangapurna and Mt Hiunchuli, and also serve as the gateway to the Poon Hill trek.
- ✓ Speaking of Poon Hill, why not rise early with us and take an early morning side-trek from Ghorepani to Poon Hill for some of the most spectacular sunrise views over the Himalaya mountains. Yep, it's a super early morning, but you will never experience sunrise views like this again!
- ✓ Soothe away the tension and aches of your epic adventure with an afternoon dip in the hot springs of Jhinu Danda. Fed by an underground thermal source, this is as natural as it gets! Don't forget to bring a modest swimsuit.

DETAILED ITINERARY

ARRIVAL *Arrive in Kathmandu*

Upon your Arrival, we will welcome you in the terminal hall in Tribhuvan International Airport at Kathmandu. We will transfer you to your hotel and introduce you to your trekking guide, and together you can enjoy a hot cup of masala tea and have an in depth discussion about your trek, including the trekking route, anything you need, the necessities for the trek, and any general suggestions for preparing for your upcoming adventure.

DAY 1 *Sightseeing & Trek Preparation in Kathmandu*

Today you will take a sightseeing tour of Kathmandu with our appointed City Guide! Kathmandu is rich with Hindu and Buddhist history, so with an early morning start, you will visit places such as: the Hindu shrine of Pashupatinath, the Buddhist shrine of Boudhanath, the "city of fine arts" - Patan Durbar Square, Krishna temple, Kumbeswore Temple, Golden Temple, the 2000 year old "Monkey Temple" - Swayambunath Stupa, and Basantaur Durbar Square - home to the living goddess Kumari. In the afternoon you can get acquainted with the local area around Thamel market, as we help you finish your final trek preparations with a spot of gear hire and/or shopping. In the evening we will officially greet you with a Welcome Dinner serving traditional authentic Nepali food in Kathmandu.

DAY 2 *Kathmandu (1,350m) to Khudi (800m: 7-8 hours)*

The day starts with an early morning breakfast and heading along Tirshuli river on the winding road of Prithivi Highway. From Dumre, we turn our way towards the north on Dumre-Besisahar-Chame highway. Though the road is somewhat bumpy and dusty in a few places, riding in a tourist bus is really safe and comfortable. Taking a window seat can deliver you some breathtaking and heart pounding landscapes. Crossing over a few terrace farms and woods, it takes about 7 hours to reach Besisahar. Additional half an hour of drive takes us to the first Gurung village of our journey, Khudi. It provides the first view of the astounding Manaslu Range. We accommodate, take food and rest overnight in Khudi.

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DAY 3 *Khudi (800m) to Sirung (2,200m: 6-7 hours)*

The trek begins from Khudi. Through numerous climbs and falls, passing over a few suspension bridges, paddy fields, waterfalls and woodlands we get to Sirung village in about 7 hours. On the way we come across a beautiful village called Taranche with Tamang people as the indigenous inhabitants. Sirung delivers close-up and mesmerizing views of Nadi Chuli and Manaslu mountains.

DAY 4 *Sirung (2,200m) to Jagat (1,300m: 6-7 hours)*

The path is comparatively easier and we head along a forest trail with dazzling sites of beautiful birds, plants, small villages and temples. Crossing the suspension bridges over Sangu river and Marshyangdi river can be thrilling and equally dreading for the first-timers. Path alongside the Marshyangdi river leads us to Jagat after crossing one more bridge.

DAY 5 *Jagat (1,300m) to Dharapani (1,960m: 7-8 hours)*

It's about 15km and around 8 hours of trek from Jagat to Dharapani. Today's trek takes us from Jagat to Chamje, Chamje to Tal, Tal to Karte and finally to Dharapani after crossing a suspension bridge. On the way we hit on several ascents and descents alongside steep stairs, cliffs, rock formations, waterfalls, lush greeneries, rivers, suspension bridges, cattle herds and incredible panoramic views of landscapes and mountains.

DAY 6 *Dharapani (1,960m) to Chame (2,710m: 6-7 hours)*

A gradual ascent from Dharapani in a wide trail through a woodland of blue pine, maple, spruce, hemlock and oak takes us to Bagarchap, which provides the first view of dazzling Annapurna just before the entrance. After 30 minutes of further climb, we reach Danaque. A steep climb from lower Danaque through beautiful rhododendron forest leads us to Timang which on further climb meets a traditional village with Tibetan lifestyle-Thanchowk. We trek forward to Koto through apple orchards and finally reach Chame-the administrative headquarter of Manang district, after 25 minutes of wander from Koto. The trek provides the gorgeous views of Annapurna II, Annapurna IV and Lamjung himal.

DAY 7 *Chame (2,710m) to Pisang (3,300m: 5-6 hours)*

It's a long walk through forests with large apple orchards surrounded by stone walls. Around 6 hours of trek takes us to Pisang across beautiful places like Telekhu, Bhartang and Dhukur Pokhari. Along with breathtaking views of Annapurna II, Pisang peak, Himalchuli and Ngadi chuli, the trek provides the first view of Paungda Danda which is very popular for its western rock face rising exceptionally 1500m above the Marshyangdi river. Pisang can be characterized by numerous lodges and a long mani wall with prayer wheels.

DAY 8 *Pisang (3,300m) to Manang (3,519m: 8-9 hours)*

Today's trek takes us from Pisang to Ghyaru then to Ngawal, Ngawal to Bragha and finally to Manang. Though we do have an alternative trail, this trail is highly preferred due to magnificent views of landscapes and mountains. Bragha monastery on the way, is quite often visited by travelers to explore art, beauty, culture and for eternal bliss.

DAY 9 *Acclimatization and rest day in Manang*

With the increase in altitude there is rapid contrast in climate and environment for which acclimatization is the must. An additional day and night in Manang helps our body to adapt with the environment and prepares us for further elevation. Side trek to Bhojo Gumba and Gangapurna lake is most preferred during this acclimatization.

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DAY 10 *Manang (3,519m) to Khangsar (3,745m: 4 hours)*

About 3-4 hours of walk along the northern bank of Marshyangdi river, crossing the suspension bridge of Jarsang Khola and passing through pine forest and wheat fields, we reach Khangsar. Khangsar looks beautiful with a cluster of traditional stone buildings surrounding it. We stay here overnight for food and accommodation.

DAY 11 *Khangsar (3,745m) to Tilicho Base Camp (4,140m: 5-6 hours)*

Beginning with the steep climb then slowly gentle one and traversing Junipers and wild roses, Thare Gompa, Shree Kharka and several shepherd's huts, we reach Tilicho Base Camp residing alongside a small stream with fresh water. It's about a 7km of walk which takes us around 5 hours.

DAY 12 *Tilicho Base Camp (4,140m) to Tilicho Lake (4,949m) and return to Tilicho Base Camp (5-6 hours)*

A long climb from Tilicho Base Camp delivers superb views of Tarke kang, Gangapurna and the mesmerizing Great Barrier with the black rock Khangsar Kang towering over it. On further climbing and passing 2 tarns we reach at a cairn with prayer flag, this place provides the first amazing view of the lake. The world's highest altitude lake resides on the lap of an extensive glacier of the Great Barrier and is more often frozen. We return back to Tilicho Base Camp and rest overnight.

DAY 13 *Tilicho Base Camp to Yak Kharka (4,040m: 5-6 hours)*

After an early morning breakfast, we leave Tilicho Base camp and start our trek in a gentle winding trail above Khangsar village. The trail leads us out of Marshyangdi valley and uphill along Thorang Khola, finally taking us to Yak Kharka-the place where yak herders bring their cattle to graze. Yak Kharka provides amazing views of Tilicho peak, Khatungkang and Chulu.

DAY 14 *Yak Kharka to Thorong Phedi (4,500m) or High Camp (4,700m: 4-5 hours)*

It's an uphill battle to Thorong Phedi. If we persevere, we will be targeting the High Camp. You will witness gorgeous sights of the mountains throughout the way.

DAY 15 *Thorong Phedi (4,500m) to Muktinath (3,800m: 9-10 hours)*

We begin with a steep climb from Thorong Phedi to traverse High Camp and reach Thorong-La Pass-one of the world's highest passes. It really feels majestic at an altitude of 5416m. Be prepared; snow may block the pass any time of the year and we may need to walk hours on snow. It may sound dreadful but it's more exciting and memorable.

About 1600m of steep descents puts us to Muktinath in around 4 hours. To be exact, Muktinath is a temple whereas the name of the village is Ranipauwa. However, both locals and tourists prefer to the place itself as Muktinath.

DAY 16 *Muktinath (3,800m) to Jomsom or Marpha (2,600m: 6-7 hours)*

We most possibly visit Muktinath temple and its surroundings to capture some memories. From Muktinath to Jomson, is a trek through dusty trails providing mixed sights of terraces, streams, vegetation and livestock with buses, jeeps and

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pilgrims. By a bus or a jeep and a shorter trek through Lubra village are other options to reach Jomsom. A gradual descent takes us to a beautiful village, Kagbeni which is one of the most notable milestones and the gateway to upper Mustang. We reach Jomsom after a furthermore descent, with frequent strong winds dusting our faces. Moreover, Marpha which is popularly known for its apple brandy, may be our stop point if we don't get exhausted. Else, we take food and rest overnight in Jomsom.

DAY 17 *Jomsom/Marpha (2,600m) to Tatopani (1,190m: 5 hours)*

Taking a trek route from Jomsom to Tatopani is quite exhausting, dusty and takes about 3 more days through Tukuche, Ghasa and Dana. So to save our time and energy we travel to Tatopani by a local jeep or bus, as most of the travelers do. Tatopani is widely known for its hot spring bath which may bring your exhausted and sore legs to normal.

DAY 18 *Tatopani (1,190m) to Ghorepani (2,800m: 7-8 hours)*

Some people take a jeep from here and make their way back to Pokhara, however we believe that you won't want to miss what we have planned for you tomorrow! So today we'll make our way across the Kali Gandaki and Ghar Khola rivers and begin the steep ascent towards Ghorepani. Our long day of climbing will be rewarded along the way with scenic terraced fields, adventurous landslide areas, and beautiful rhododendron and magnolia forests that are charmingly interspersed with shepherds' huts and pastures. Of course, our ultimate reward will be relaxing with a delicious and nourishing hot meal to replenish our bodies' stores for our final day of trekking tomorrow.

DAY 19 *Ghorepani to Pokhara (750m: 8-9 hours) via Nayapul with an early morning side trek to Poon Hill (2 hours)*

Rise and Shine! It's an early morning as we set out on a side trek to Poon Hill. With a short 2 hour hike to climb to the optimal vantage point, you'll be rewarded with a spectacular sunrise over the Himalayas. This is a once in a lifetime experience that you don't want to miss! After breakfast we begin the descent down almost 3,000 stone steps. As we pass through quaint villages and terraced fields, timeless rainforests and gorgeous valleys, you'll begin to notice the villages start to slowly become larger and more "modern" the closer we get towards Nayapul. From Nayapul you can finally rest your legs as you sink into the comfort of our own private jeep and make our way back to Pokhara for hot showers, comfy beds, and a large range of restaurants and cuisine to satisfy your post-trek tastebuds!

DAY 20 *Pokhara to Kathmandu*

After a long, and incredible (but perhaps slightly tiring) trek, we think you deserve to avoid the long drive back to Kathmandu. So today we'll be taking a domestic flight back to Kathmandu, which takes about 45 minutes. With an afternoon in Kathmandu to yourself, you can choose to wander the bustling tourist district of Thamel to finish up your souvenir shopping, or rest up in your hotel. Join us for a final meal together, as we enjoy a Nepalese farewell dinner with traditional live music and dance.

DEPARTURE *Drop off at the airport*

As today is your last day in the country we appreciate your decision to choose us as your travel companion. We are honored to be a part of your beautiful memories and hope that we met your expectations. We will accompany you to the airport for a traditional Nepal farewell, and we wish you a safe flight back home.

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OTHER OPTIONS

Want to extend your trip so that you can enjoy some leisure time in Pokhara and experience some of the incredible things the lake city has to offer? Then **Contact Us** and ask for a customized itinerary!

There are so many activities to choose from:

- City Sightseeing - Visit Fewa Lake, enjoy a shopping spree, marvel at Devi's Falls, and enjoy the tranquility of the World Peace Pagoda
- Beautiful Sunrise view from Sarangkot
- A scenic mountain flight over the Annapurna ranges
- Paragliding (for the more adventurous at heart!)
- Visit a Tibetan Refugee Camp

COUNTRY INFORMATION

The world's highest mountain range defines everything there is about Nepal, a landlocked country lying between India to the south, and China and Tibet to the north. It's topography and weather, its religion and trade, all arise from its location amongst the grandest mountains you'll ever see. And while Nepal's rich melting pot of culture and tradition, with mystical Indian Hinduism and Tibetan Buddhism making up the fabric of the society, will draw you in with amazement and awe, it's the famous peaks and the superb trekking staff that will impress you with memories you'll never forget.

CLIMATE

Nepal has five seasons: spring, summer, monsoon, autumn and winter. In the mountainous regions where we trek, you can expect temperate summer temperatures and winter temperatures that can plummet below freezing. There is no seasonal constraint on trekking in Nepal, however the best time to visit is March/April (spring) when the rhododendrons bloom, and September to mid-December, when monsoon has cleared and skies are clearest.

A TYPICAL DAY

A typical day on this trek will involve waking early to a warm, fuelling breakfast with a hot tea or coffee, provided by our teahouse guests. Of course, the meal is of your choice, ordered the evening before. Make sure your bags are packed and ready to go, as our porters will be keen to head off early, before you've even finished your meal! You'll then set out for a day of trekking through sublime, mountain terrain. Each day varies, but you can expect to walk 4 to 8 hours a day. We will stop for lunch at a teahouse along the way, giving you a chance to drop your pack, put your feet up, and have a rest while you nourish and refuel your body with a delicious, warm meal. Some days our lunch place will also be our overnight camp, but on most days we will set out again after lunch to reach our overnight destination. Upon arrival at our overnight accommodation you'll have a chance to order your dinner, and spend the evening reflecting on your day, and enjoying the company of your guides, with a nice hot cuppa around the fire.

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DIETARY REQUIREMENTS

While our packages include the cost of meals, we cannot cater to special dietary needs, as we are staying in hotels and teahouses that are under their own management. However, most diets can be accommodated. The easiest diets to accommodate are vegetarian/vegan, and gluten free (simply by ordering food that meets these needs, and making any requests at the time of ordering). The Nepalese people aim to please their guests, so a courteous request will go a long way!

ACCOMMODATION ON THE TREK

In Kathmandu you will be staying in 3-star hotel accommodation, generally with wifi and running hot water in your own attached bathroom (always appreciated after a long trek!).

On the trekking trail, we stay in traditional Nepal teahouse accommodation, which has been constructed to cater to the needs of trekkers. Teahouses are usually of a general standard, and can vary, depending on the town/village we stay in, and the time of year we are trekking. They can be made of stone, or they may be constructed more simply. The facilities offered by teahouses varies, and most often the bathroom and toilet are located outside and are a shared facility. Hot water and wifi are charged, and may not always be available, depending on where we are staying.

All accommodation on our treks is twinshare meaning you will generally be sharing a room with one other person (unless you're travelling solo, or in an odd numbered group). Single supplements are also available for those who wish to be guaranteed a room all to themselves.

Please refer to [our website](#) for more information.

WHAT YOU CARRY

All of our trekking packages include porters to carry your main luggage (water-proof duffel bag provided). However, you will be required to carry a daypack with extra warm/rainproof clothing, drink bottle, camera, and personal items such as sunscreen, blister kit, and any personal medications you require.

Should you wish to travel without a porter and carry a larger backpack with all of your trekking gear, please [Contact Us](#) for a customised itinerary.

EQUIPMENT REQUIRED

Please refer to our website for a detailed [Equipment Checklist](#). This list will also be provided to you after booking.

VISAS

You need a Tourist Visa in order to enter Nepal.

You can obtain a Tourist Visa for 15 days (30 USD), 30 days (50 USD), or 90 days (125 USD). Please ensure that the duration of your visa will cover your entire stay in Nepal.

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The requirements for entry into Nepal have recently changed, and continue to change, due to COVID-19. Therefore, it is recommended that you contact the Nepalese Diplomatic mission in your home country, your Travel Agent, or refer to the **Nepal Department of Immigration** website, for all questions regarding visa entry requirements in Nepal.

SOCIAL NETWORKING

Connect with us on Social Media

FACEBOOK: @sherpaspirittreks

INSTAGRAM: @sherpaspirittreks

And don't forget to head to our website to view our other trekking itineraries, and for information about travelling in Nepal.

www.sherpaspirit.com

TRIP AVAILABILITY

This trip is available to be booked all year round, however we recommend you allow some time for the necessary travel arrangements to be made (e.g. visas, COVID-19 tests, quarantine requirements, permits). If you are travelling solo but would like to travel in a group, please **Contact Us** to find out if we have a group running that you can join.

HOW TO BOOK

To book your trekking adventure, please visit **our website**. You will need to select your dates, complete a booking form, and pay a 25% deposit, which is non-refundable up to 30 days prior to the trek departure date.