

# Helambu Education and Livelihood Project

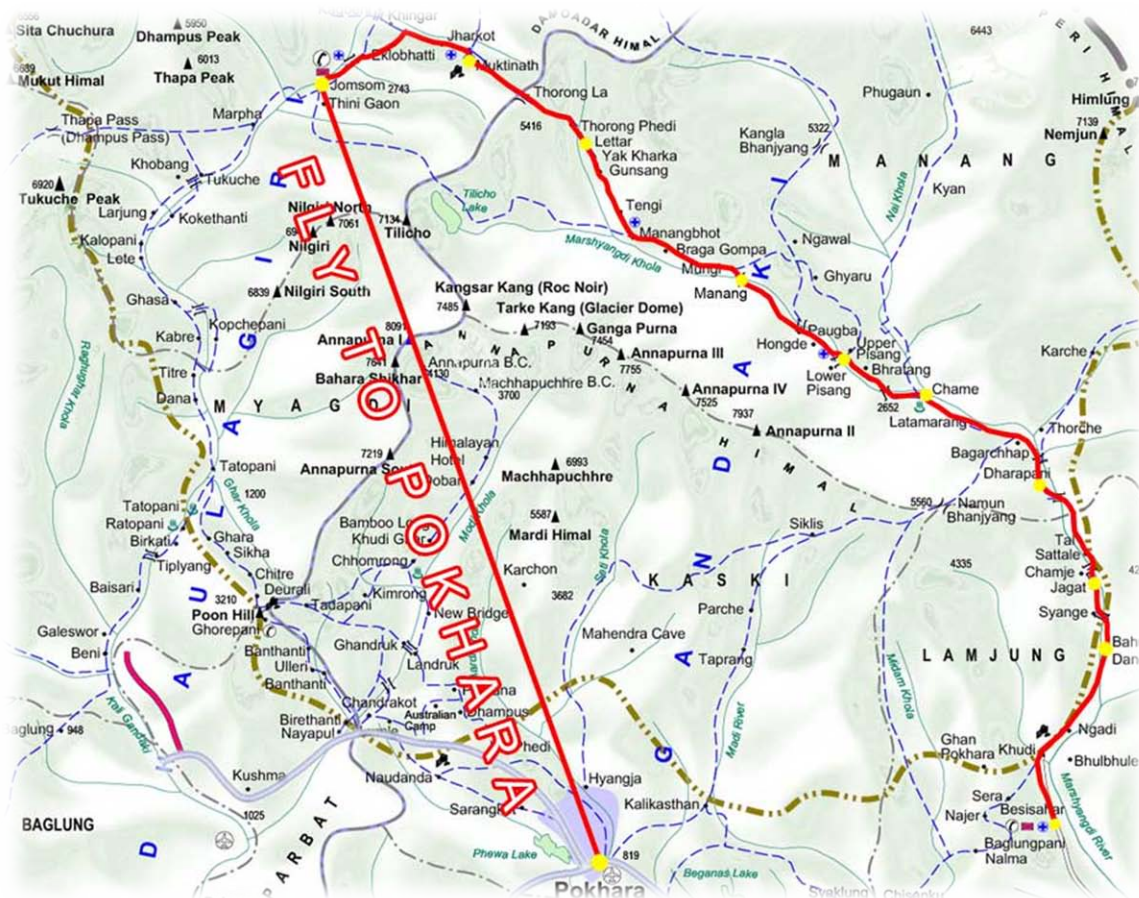


## Annapurna Trek



# Trekking in Nepal

Teach and Trek Program // Fundraising Treks



**Annapurna Trek**  
**Length: 15 days**  
**Cost: 700 GBP per person**

The Annapurna Circuit is rightly known as one of the world's classic treks and for a very good reason. The views you get of the Annapurnas and Dhaulagiri offer some of the most superb mountain vistas you can come across anywhere.

This trek has even more to offer though as you pass through a variety of terrain ranging from sub tropical rice fields, high alpine passes too arid semi desert plains. You will also hike through typical Nepali villages, over gorge defying suspension bridges and pass by ancient religious monuments, stupas and monasteries.

To add to this will be the experience of staying in lodges and having the opportunity to interact with the wonderful Nepalese people. The highlight of the trip will be the crossing of the Thorung La pass at 5,416m. All in all a challenging but ultimately rewarding trek for the mind and body.

<b>Annapurna Sanctuary Trek</b>		
<b>Day</b>	<b>Activites</b>	<b>Details</b>
1	Kathmandu	Stay at Schechen Guest House
2	Kathmandu -> Ngadi	Jeep ride to Khudi via Besisahar and trek to Ngadi. Bus not recommended as the road are not good, and travelling on a jeep saves a day.
3	Ngadi to Jagat	Entering Annapurna Sanctuary
4	Jagat to Dharapani	
5	Dharapani to Chame	
6	Chame to Pisang	
7	Pisang to Manang	
8	Manang	Rest day and acclimatization
9	Manang to Ledtar	
10	Ledtar to High Camp	via Thorang Phedi (4450m)
11	High Camp to Muktinath	via Thorang Pass (5410m) Trek starts very early in the morning.
12	Muktinath to Jomsom	Start the trek after breakfast
13	Jomsom to Pokhara	Fly from Jomsom to Pokhara
14	Pokhara	Day off
15	Pokhara to Kathmandu	Transfer by bus
* Note: all times are approximate and are determined by weather conditions and the individuals involved		

#### **What does the cost includes?**

- English Speaking Licensed Guide
- Assistant Guide if required
- Porters as required
- Standard Meal and Lodging throughout the trek
- Domestic Flights if and as required
- Airport Transfer and Pick Up if and as required.
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- Trekking Permits including TIMS
- 10 % of the contribution to Charity Programme to HELP.

#### **What does the cost excludes?**

- International Flights
- Visa costs
- Insurance costs
- Hotel and food in Kathmandu
- Tips to Guide and Porter (Highly Recommended)
- All drinks and alcohol.
- Any extra expenses other than mentioned above.