

Annapurna Sun Rise and Everest View Trek - 12 Days

URL: <https://nepalalternativetreks.com/trip/annapurna-sun-rise-and-everest-view-trek/>

Annapurna Sun Rise and Everest View Trek Quick Information

Weather

-5°C to 20°C

Duration

12 Days

Difficulty

Moderate to Challenging.

Accommodation

Lodge

Meals Included

Breakfast, Lunch, Dinner

Transportation

Flight/ Tourist bus/ Private Vehicle

Daily Activity

06 hours hiking

Religion

Buddhist

Ethnic People

Gurung, Magar, Sherpa and Rai

Region of Nepal

Annapurna Region and Everest Region

Max Altitude

3880m./12804ft.

Per Person Cost

USD 1490

Best Season

Sept, Oct, Nov, March, April & May

Geographic Terrain

Himalaya, Hills, Annapurna Conservation Area, Everest National Park, Villages

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$1,490.00
Group Of 5 - 8	USD \$1,470.00
Group Of 9 - 12	USD \$1,450.00
Group Of 13 - 18	USD \$1,430.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10

persons. And of course, guide cum porter will carry 10 kg luggage.

Summarizing 12 Days Annapurna Sun Rise and Everest View Trek

12 Days Annapurna Sunrise and Everest View Trekking offers an unforgettable experience where trekkers can witness some of the most majestic peaks in the world. This journey allows you to marvel at the stunning Annapurna range, including Annapurna South (7219m), Annapurna I (8091m), Annapurna II (7937m), Annapurna III, and Annapurna IV, as well as Machhapuchhre (6993m), Nilgiri, Dhaulagiri (8167m), Hiunchuli (6441m), Lamjung Himal. Also, the Everest region offers fantastic mountain views of Lhotse, Ama Dablam, Nuptse, and many others.

On Annapurna Sunrise and Everest View Trek, you will witness breathtaking sunrise from Poon Hill, cultural encounters in Gurung and Magar villages, and a visit to the Everest View Hotel, providing panoramic views of Everest and neighboring peaks. The trek starts and ends in Kathmandu, with scenic travel to Pokhara. You will explore the traditional Gurung village of Ghandruk, take in stunning views of Fishtail Peak and Annapurna South, and learn about Sherpa traditions in Namche Bazaar.

For individuals with limited time who wish to see both the Annapurna and Everest regions of Nepal, Nepal Alternative Treks and Expedition Pvt. Ltd. offers a specific sort of trekking Trip called the Annapurna Sunrise and Everest View Trek. A combination of the Annapurna view trip and the Everest view trek is the Annapurna Sunrise and Everest view trek. The Annapurna Sunrise and Everest View Treks are, without a doubt, among the top trekking routes available in Nepal.

Ghorepani, take the rhododendron-lined path. While you go, take in the stunning Fishtail Peak and Annapurna South vistas. Get up early to see the spectacular Himalayan dawn from Poon Hill. Take in the panoramic views of the Annapurna Massif, Dhaulagiri, and Fishtail Peak.

Continue your climb to Tadapani after taking in a stunning sunrise. Pass by Ghandruk, a traditional Gurung settlement, during your hike. Visit the historic museum to gain an understanding of Gurung culture.

Drive back to Pokhara after taking a picturesque trek to Kimche. Moreover, you will travel by car to Kathmandu to prepare for the Everest View Trek. Trek to Phakding after a scenic flight to Lukla, the entrance to Everest.

Go to the Sherpa settlement of Namche Bazaar by taking a lovely stroll through a pine forest and along the Dudh Koshi River. You'll be in Sherpa town for a day. Continue your climb to the Everest View Hotel for panoramic views of Everest and the surrounding peaks. Retrace your steps to Lukla and take a flight to return to Kathmandu.

Annapurna Sun Rise & Everest View Trek Highlights

- Enjoy traveling on Everest and Annapurna Region of Annapurna Sun Rise and Everest View Trekking.
- Get a bird's view from the top when traveling to the Everest region from Lukla.

- Get panoramic views of the Annapurna Massif, Dhaulagiri, and Fishtail Peak from Poon Hill.
- Take in the views as you travel to Pokhara, the city of lakes.
- Learn about the Sherpa traditions and culture comparable to Tibetan Buddhism.
- Stay at teahouses and homestays with one of NeNepal's best panoramic views.

Weather

Best time for the Annapurna Sunrise And Everest View Trekking

The Annapurna Sunrise and Everest View Trekking can be undertaken throughout the year, but the best times are during Nepal's pre-monsoon (Spring) and post-monsoon (Post-monsoon seasons).

Spring (March to May):

Spring brings mild temperatures, blooming flowers, and clear skies, enhancing the trek's scenic beauty—rhododendrons flowers bloom in various hues along the trails, creating a vibrant landscape. The weather is generally stable, with clear views of the mountains. This season is popular among trekkers for its comfortable weather and stunning views.

Summer (June to August):

The monsoon season is characterized by heavy rainfall, especially in July and August. Trekking during this time is challenging due to the rain and leeches, but the lush greenery and fewer crowds can appeal to some trekkers.

Autumn (September to November):

Autumn is Nepal's most popular time for trekking includes the Annapurna Sunrise and Everest View Trekking. The temperatures are comfortable, and the views of the mountains are usually crystal clear. However, this is also the peak trekking season, so the trails and accommodations can be crowded.

Winter (December to February):

Winter brings cold temperatures and occasional snowfall to the higher elevations, making trekking challenging, especially at high altitudes. Trails may be icy, and some high passes could be closed due to snow. However, winter offers clear skies and fewer tourists, providing a peaceful trekking experience for those prepared for cold weather conditions.

January

-15°C to -5°C

February

-15°C to -5°C

March

-10°C to 5°C

April

-5°C to 10°C

May

0°C to 15°C

June

5°C to 20°C

July

10°C to 25°C

August

10°C to 24°C

September

5°C to 20°C

October

0°C to 15°C

November

-10°C to 5°C

December

-15°C to -5°C

Difficulty

Trek Difficulty for Annapurna Sunrise and Everest View Trekking

Annapurna Sunrise Trek

- Difficulty Level: Moderate.
- Terrain: Well-maintained trails with stone steps, forest paths, and steep ascents.
- Elevation: Reaches up to 3,210 meters at Poon Hill.
- Daily Trekking Hours: 4-6 hours.
- Preparation: Requires good physical fitness but no prior trekking experience. Suitable for beginner to intermediate trekkers.
- Challenges: Steep climbs, long staircases, and variable weather conditions.

Everest View Trek

- Difficulty Level: Moderate to Challenging.
- Terrain: Rocky paths, steep inclines, and high-altitude trails.
- Elevation: Reaches up to 3,880 meters at Everest View Hotel.
- Daily Trekking Hours: 5-7 hours.
- Preparation: It requires good physical fitness, and some prior trekking experience is beneficial. Suitable for intermediate trekkers.
- Challenges: High altitude, steep ascents and descents, and variable weather conditions. Potential risk of altitude sickness.

Both treks are manageable for those in good health and physical condition. Adequate preparation, acclimatization, and a steady pace are vital to handling the challenges and enjoying the trekking experience.

Annapurna Sun Rise and Everest View Trek Itinerary

Day 1: Fly to Pokhara and Drive to Ulleri - Trek to Banthanti

We take off for Pokhara early in the morning. For the finest views of the Himalayas, it will be better to sit on the right side of the aircraft. Once in Pokhara, visitors can enjoy stunning views of the Annapurna Mountains, Dhaulagiri, Manaslu, Machhapuchhare, and other peaks. Pokhara's many lakes, or "Tal" in Nepali, provide opportunities for swimming, boating, and fishing. After taking a little break in Pokhara, we drive to Ulleri and begin the hike. We occasionally travel on the carved trail on the side of the cliff as

we pass through subtropical valley woodlands. Following lunch, we ascend a short hike to reach the town of Banthani.

Destination:	Accommodation	Altitude:
20 minutes flight to Pokhara - Drive to Ulleri (Avg. 3 hours) - 1:30 hour walk to Ulleri	Machhapuchhre Guest House or Similar category	(2210m./7293ft.)

Meals

Lunch, Dinner

Day 2: Trek to Ghorepani

We ascend to the settlement of Ghorepani. Due to its significance as a trading campsite, before it became a resting place for trekkers, Ghorepani is known in Nepali as horse water. Little stores and stalls in Ghorepani sell regional goods and crafts, making it a fascinating location. One portion of the town is on a saddle, and the other is located a few hundred feet lower. We pause at the highest point of the Ghorepani settlement, which provides sweeping views of the surrounding peaks, including the Nilgiri and Annapurna South highlands. We start to feel the chillier temperature, especially in the evenings, because Ghorepani is somewhat higher than our previous halt. Stay the night in Ghorepani.

Destination:	Accommodation	Altitude:
12km./04 hours walk	Hotel Super View or Similar category	(2800m./9240ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Tadapani

Poon Hill, a symbol of the Annapurna region, will be conquered today, making it a particular day. We climb the arduous trek to the top of Poon Hill in the early morning to enjoy the stunning glory of sunrise above the Mountains (3200mtrs).

Poon Hill (3,210m/10,529ft) is a fantastic vantage point from where we can take in stunning panoramic views of the Mustang region and the Pokhara basins, as well as up-close looks at more than 20 of the tallest mountains, including the Annapurna and Dhaulagiri ranges.

High mountains with snow-capped peaks tower above and around us, shining in the early morning light. We head back to Ghorepani after shooting pictures and drinking coffee, tea, or hot chocolate. After breakfast, we travel to the east and ascend a nearby ridge. As we descend through a rhododendron forest, we pass by stunning waterfalls before arriving at Tadapani, where we spend the night.

Destination:	Accommodation	Altitude:
14km./05 hours walk	Hotel Grand View or Similar category	(2650m./8745ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Ghandruk - Drive to Pokhara

We descend steeply from Tadapani through the dark and deep forest. This journey will take place through an extensive forest of mature rhododendron trees. When viewed from above at a distance, these woodlands transform into gardens of stunningly gorgeous flowers, most of which are red, when the rhododendron trees bloom. Depending on the time of year, we may be delighted to see some cherry blossoms blooming on the slopes on the opposite side of the valley by afternoon.

We enter the village of Ghandruk, a hillside community with stone homes primarily inhabited by the Gurung people, after continuing our climb for a short while further. In addition to taking in the breathtakingly up-close and personal towering vistas of the Fishtail, Annapurna South, and Hiuchuli mountains, we learn about the Gurung people's straightforward yet rich cultural traditions at the Gurung Museum in Ghandruk.

Then, we drive back to Pokhara via Nayapul. To Birethanti, the drive will be downhill. We will view a stone-paved staircase that curves in and out of the settlement before leading to terraced farmland. It descends virtually continuously from Ghandruk to the Modi Khola River valley. After driving for 1 hour from Ghandruk, we arrive in Nayapul. You will then join the Baglung highway to drive towards Pokhara. Overnight in Pokhara.

Destination:	Accommodation	Altitude:
12km. walk to Ghandruk (Avg. 04 hours) - 60km. drive to Pokhara (Avg. 03 hrs.)	Hotel Kausi or Similar category	(850m./ 2805ft.)

Meals

Breakfast, Lunch

Day 5: Pokhara City tour - Fly to Kathmandu

After breakfast, you will have a full day of city tour of Pokhara. Visit DeDevi'sall, Gupteswor cave, Bindabasini Temple, World Peace Pagoda, and Pumbikot Shiva Temple. Have lunch in Pokhara, then take a late afternoon flight to Kathmandu.

For the best Himalayan views on the flight from Pokhara to Kathmandu, we must sit on the aircraft's side. We will be escorted to our hotel in Kathmandu after we arrive. The day in Kathmandu will either be spent relaxing or possibly shopping before continuing our journey to the Everest region or visiting any sites we missed on our first day there. Stay the night in Kathmandu.

Destination:	Accommodation	Altitude:
20 minutes flight to Kathmandu	Kathmandu Garden Home or Similar category	(1295m./4273ft.)

Meals

Breakfast

Day 6: Fly to Lukla - Trek to Phakding

We are traveling to the Everest region today. We will be transported to the domestic terminal of the Kathmandu airport after breakfast in preparation for our early-morning flight to Lukla (2,800m/9,186ft). We will arrive at the Hillary Airport in Lukla after a daring 40-minute flight above stunning green and white mountains. We did not see any attractions on our first day in Kathmandu.

One of the most picturesque flight paths in the world ends with a spectacular landing on a hillside surrounded by tall mountain peaks. We will be met warmly by the crew members at this point, and after some packing and preparations, we begin our walk through the affluent settlement of Lukla till we reach Phakding. We only have a short hike today to help with acclimatization. However, we can make a detour to a nearby monastery if we're looking for more things to do. Stay the night in Phakding.

Destination:

40 minutes flight
8km./03 hours walk

Accommodation

Hotel Sherpa or Similar
category

Altitude:

(2,650m/8745ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Namche Bazaar

The track takes us through a lovely pine forest and down the Dudh Koshi River past several suspension bridges, including the well-known Hillary Suspension Bridge. Initially, we have a beautiful view of the shimmering Mt. Thamserku (6618 m). We will arrive at the Sagarmatha National Park entrance checkpoint after trekking via the communities of Benkar, Chumoa, and

Monjo. Before arriving in Namche Bazaar, we still need to cross through the final village of Jorsale. Until we reach the meeting of the Dudh Koshi and Bhote Koshi rivers, the trail ascends through forests and bridges.

We finally reach the summit of Mt. Everest after a final, challenging hike that takes approximately two hours, peeking over the Lhotse-Nuptse ridge. We pause at Chauatra to take in the breathtaking scenery. To get to Namche Bazaar, the central trading hub of this area, and the entrance to Mount Everest, we still have to travel for around 1.5 hours. A night is spent at Namche Bazar.

Destination:

13km./05 hours walk

Accommodation

Khumbu Lodge or Similar
category

Altitude:

(3440m./ 11352ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Acclimatization Day / Explore Khumjung

These days are designated for "climatization." "Health professionals always advise us to avoid inactivity during our downtime and to keep moving. We go on a day walk to Thame or Namche Bazaar or rest, wander around Khumjung, and explore the surrounding area. The renowned monastery that shelters a

yeti scalp is in the Khumjung valley, encircled by the snowy peaks of Kondge and Thamserku and the revered summit Khumbila. We also paid a visit to Hillary School at the exact location. Along the mountains above this ancient settlement are several other bustling, vibrant monasteries adorned with prayer flags and wheels.

Destination:	Accommodation	Altitude:
8 km./03 hours walk	Khumbu Lodge or Similar category	(3440m./11352ft.)

Meals

Breakfast, Lunch, Dinner

Day 9: Trek to Tyangboche

We travel down the Dudhkoshi River, passing a few tiny villages along the route. The forest trail slopes lower, taking us across a stream where we stop for lunch. Following lunch, we make the final two hours of rising through a forest of fir and pine to a little hill called Tyangboche.

To spend the day exploring, go to Tengboche Gumba. Ama Dablen can be seen at its best from Tyangboche.

Destination:	Accommodation	Altitude:
13km./05 hours walk	Tashidelek Lodge or Similar category	(3740m./12342ft.)

Meals

Breakfast, Lunch, Dinner

Day 10: Trek to Monjo

We travel back today through a juniper and rhododendron-covered mountainside.

Rhododendrons bloom in brilliant shades of pink and crimson and cover the landscape in the Spring. We make a spring lunch at cSpringo Phunki Tenga. The trail follows the Dudh Koshi Gorge as it rapidly descends through pine forests after crossing the bridge over the Dudh Koshi River, decorated with prayer flags. Walking down the forest trail, we watch for wildlife like mountain goats, snow leopards, and vibrant scenery. We arrive at the Namche Bazaar army camp after crossing a chorten. We are completely drawn in by the stunning vistas at this point, where we would like to take a quick photo of Tengboche and the tip of Everest. From Namche, we descend the hill.

Destination:	Accommodation	Altitude:
18km./06 hours walk	Mount Kailash Lodge or Similar category	(2850m./9355ft.)

Meals

Breakfast, Lunch, Dinner

Day 11: Trek to Lukla

Despite taking the same way down, we will see entirely different things. We take pictures of broad plains, pine rhododendron forests, and distant, snow-capped mountains. As today is the last day of our expedition, we take our time and move slowly. As we stroll through the villages, we are struck by the Sherpa people's Buddhist devotion and tradition of prayer flags and stones. We have plenty of time to unwind in Lukla, stretch our aching legs, and reflect on the events from the previous two weeks. We enjoy the triumphant end to a beautiful adventure and soundly return with smiles! As we get to Lukla, we wander around on the one hand while our trek guide validates our airline ticket on the other. We have our farewell supper in the evening. Lodge overnight stay.

Destination:	Accommodation	Altitude:
12km./05 hours walk	Hotel Ganesh Himal or The North face Resort	(2800m./9240ft.)

Meals

Breakfast, Lunch, Dinner

Day 12: Fly to Kathmandu

We finish our arduous trek up the mountains and fly back to Kathmandu. We are met by the early-morning airplane in Kathmandu. At the hotel, we are free to unwind all day long.

Destination:	Altitude:	Meals
40 minutes flight to Kathmandu	(1295m./4273ft.)	Breakfast

What's Included

- Pick Up at Tribhuvan International Airport and Transfer to Hotel in Kathmandu.
- One night hotel accommodation (Twin share) in Pokhara/Kathmandu
- Lodge (Twin share basis) accommodation during the trekking.
- Kathmandu to Pokhara and return by flight.
- Kathmandu to Lukla and return by flight.
- All meals (Breakfast, Lunch, Dinner) during the trek.
- One experienced, first aid trained, fluent English - speaking, friendly and government authorized trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide/ Porter's food, accommodation, salary, insurance, transportation, and equipment.
- Entire overland transportation is mentioned in the itinerary.
- Annapurna Conservation Area Project (ACAP), Sagarmatha National Park Fee, Pashang Lhamu Entry fee and necessary permits.
- Assistance of emergency rescue.
- A trekking map, Duffel bag, Oxygen saturation checkup daily, water purification, first aid kit box, Company t-shirt, and trekking completion certificate.
- Government tax and service charge.

- Public Liability Insurance.

What's Not included

- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, beer, desert, hot shower, hot water, battery charge, laundry, phone bill, bar bill etc.
- Personal Travel insurance.
- International Flight ticket.
- Nepal Tourist visa fee
- Tips for guide and porters .(Highly suggested).

Trekking Gear List

Packing List for Annapurna Sunrise and Everest View Trekking

Proper packing is crucial for a successful and enjoyable trekking experience. Here's a comprehensive packing list for the Annapurna Sunrise and Everest View Trekking:

Clothing

Base Layers:

- Moisture-wicking t-shirts (2-3)
- Long-sleeve moisture-wicking shirts (1-2)
- Thermal base layers (top and bottom)

Insulation Layers:

- Fleece jacket or pullover
- Down or synthetic insulated jacket

Outer Layers:

- Waterproof and windproof jacket (Gore-Tex or similar)
- Waterproof and windproof pants

Trekking Pants:

- Lightweight trekking pants (2-3)
- Convertible pants (optional)

Underwear:

- Moisture-wicking underwear (4-5)
- Sports bras (for women)

Socks:

- Trekking socks (4-5 pairs)

- Thermal socks (1-2 pairs)

Headwear:

- Sun hat or cap
- Warm hat or beanie
- Buff or neck gaiter

Gloves:

- Lightweight gloves.
- Insulated gloves or mittens.

Footwear

- Trekking Boots: Sturdy, waterproof, and well-broken-in.
- Camp Shoes: Lightweight and comfortable for evenings (sandals or sneakers).
- Gaiters: For keeping debris and snow out of your boots (optional).

Accessories

Backpack: 40-50 liters with a rain cover

Daypack: 20-30 liters for day trips

Sleeping Bag: Rated for -10°C to -15°C (14°F to 5°F)

Trekking Poles: Adjustable and collapsible

Headlamp: With extra batteries

Sunglasses: UV protection

Water Bottles/Bladder: 2-3 liters capacity

Water Purification: Tablets, filter, or UV purifier

Personal Items

- Travel Documents: Passport, permits, travel insurance, and copies.
- Cash: Local currency for expenses.
- Toiletries: Biodegradable soap, toothbrushes, toothpaste, and personal hygiene items.
- Towel: Quick-drying and lightweight.
- Wet Wipes: For personal hygiene.
- Sunscreen: High SPF.
- Lip Balm: With SPF.

First Aid and Health

- First Aid Kit: Including bandages, antiseptic, blister treatment, pain relievers, etc.
- Personal Medications: As required.
- Altitude Sickness Medication: Diamox or similar (consult your doctor).
- Hand Sanitizer: Travel-sized.

Miscellaneous

- Camera/Smartphone: For capturing memories.
- Power Bank: For charging devices.
- Notebook and Pen: For journaling.

- Snacks: Energy bars, nuts, dried fruits, etc.
- Books or E-Reader: For entertainment.
- Plastic Bags: For separating wet and dirty clothes.

This packing list covers the essentials for a comfortable and safe trekking experience. Ensure you tailor it to your specific needs and preferences, considering the trek's weather conditions and duration.

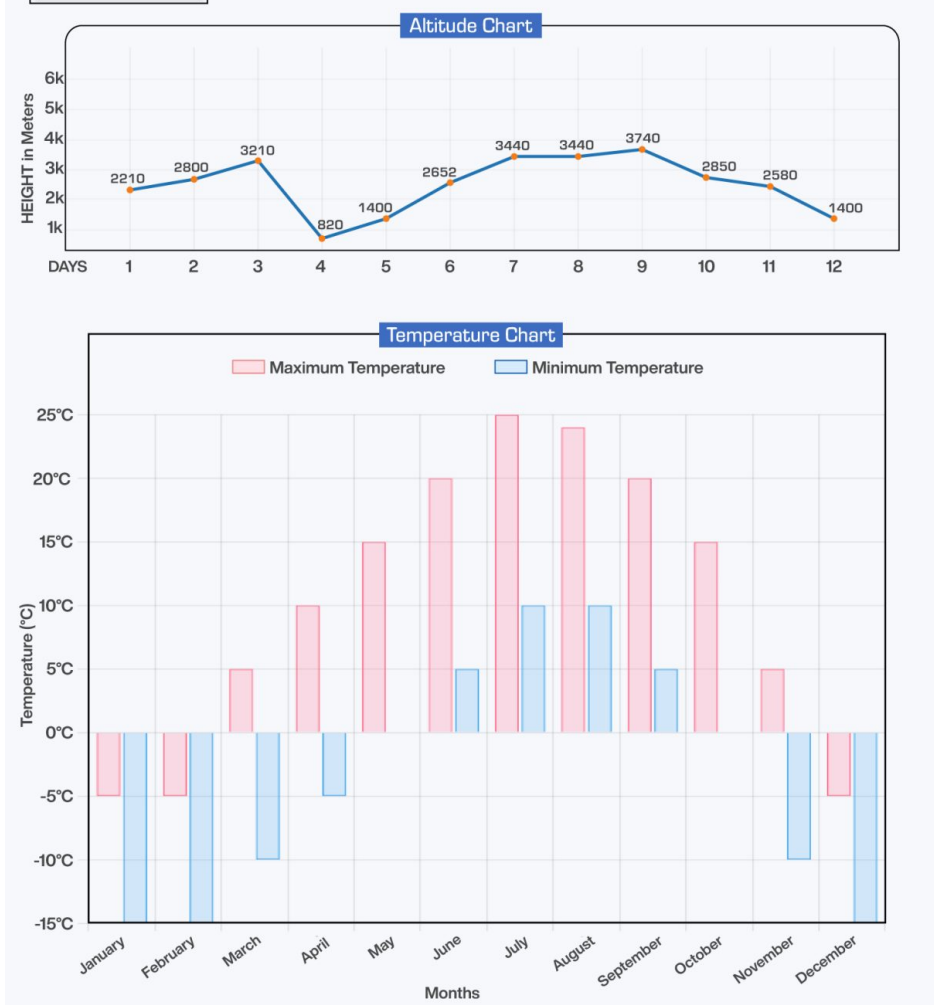
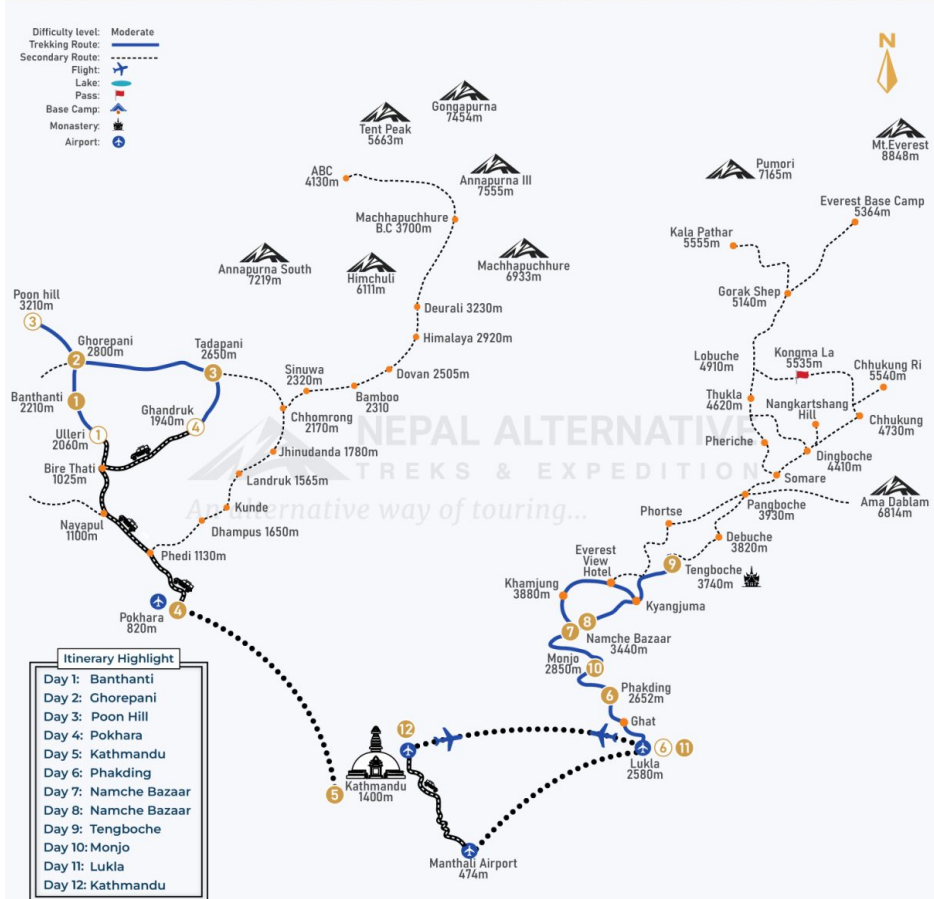
Annapurna Sun Rise and Everest View Trek Route Map



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ANNAPURNA SUN RISE AND EVEREST VIEW TREK

12 DAYS



Additional Trip Information

Cost for Annapurna Sunrise and Everest View Trekking

The Annapurna Sunrise and Everest View Trekkincost g can vary significantly based on several factors, such as the type of trek (guided or independent), duration, accommodation choices, and additional services. Below is a general breakdown of potential costs:

Permits:

- **Annapurna Conservation Area Permit (ACAP):** USD 20-30.
- **TIMS Card:** USD 10-20.
- **Sagarmatha National Park Entry Permit:** USD 30.
- **Local Permits (if any):** USD 10-20.

Accommodation:

- **Kathmandu and Pokhara Hotels:** USD 30-150 per night (varies by hotel class).
- **Tea Houses/Lodges on Trek:** USD 5-20 per night.

Food and Drinks:

- **Meals in Cities:** USD 10-20 per day.
- **Meals on Trek:** USD 20-30 per day.
- **Drinks (tea, coffee, bottled water):** USD 5-15 per day.

Guides and Porters:

- **Guide:** USD 25-30 per day.
- **Porter:** USD 15-20 per day.

Transportation:

Flights (Kathmandu to Pokhara): USD 100-150 (one way)

Flights (Kathmandu to Lukla): USD 180-200 (one way)

Local Transportation: USD 20-50 (buses, taxis)

Gear and Equipment:

- **Rentals (if needed):** USD 1-10 per item per day.
- **Purchases (if required):** USD 100-300 for basics.

Miscellaneous:

- **Travel Insurance:** USD 50-150 (coverage varies).
- **Tips for Guides/Porters:** USD 5-10 per day per person.
- **Extra Costs (souvenirs, snacks, internet):** USD 50-100.

Total Estimated Cost:

- **Budget Trekking:** USD 900-1200.
- **Standard Trekking:** USD 1200-1800.
- **Luxury Trekking:** USD 1800-3000.

This estimation includes permits, accommodation, food, transportation, and guide/porter services but can vary based on personal preferences, additional activities, and unforeseen expenses. Planning and budgeting carefully, considering fixed and variable costs, will ensure a smooth trekking experience.

Safety Tips for Annapurna Sunrise and Everest View Trekking

Preparation

- Train and build stamina before your trek.
- Research the route, weather conditions, and altitude challenges.
- Ensure all necessary permits and documents are obtained.

Health

- Ascend gradually and take rest days to acclimatize.
- Drink plenty of water to stay hydrated.
- Eat a balanced diet; avoid alcohol and smoking.
- Be aware of altitude sickness symptoms; descend if symptoms worsen.

Gear

- Wear layers to adapt to changing temperatures.
- Use sturdy, well-broken-in trekking boots.
- Protect against UV rays with sunscreen, sunglasses, and a hat.

Navigation and Communication

- Hire a local guide or porter.
- Carry a detailed map, compass, and GPS device.
- Keep a fully charged mobile phone and a power bank.

Weather and Environment

- Check the weather forecast regularly.
- Be cautious on steep, rocky, or slippery paths.
- Follow Leave No Trace principles; carry out all waste.

Emergency Preparedness

- Carry a well-stocked first aid kit.
- Have an emergency plan; know evacuation routes and medical facilities.
- Ensure travel insurance covers high-altitude trekking and emergency evacuation.

Frequently Asked Questions

Which is better Annapurna or Everest?

Annapurna is often considered easier than the Everest circuit due to its lower average elevation and less challenging ascents. The average elevation is substantially lower, and there are less difficult ascents. Also, you can select from a range of trails, some of which don't rise above 2000 meters, rather than being forced into the Khumbu Valley on Everest.

Which is the most scenic trek in Nepal?

The Annapurna Circuit is the most well-known hike in Nepal and offers breathtaking variety. On the way, you'll pass Gurung, Manangi, and Thakali villages as well as rivers, lakes, glaciers, and snow-capped mountains

Which is more challenging, EBC or Annapurna?

Trekking to Everest Base Camp (EBC) is generally more challenging than the Annapurna trek. The Annapurna trails are better maintained and have more stairs, making the trek less crowded and easier to navigate.

Why do people love Annapurna more than Everest?

Annapurna is favored by those less confident in their mountaineering skills due to its lower elevation (rising only to 4,130 meters) and less severe ascents.

What is the difference between Annapurna Base Camp and the Everest base camp trek?

The trek to Everest Base Camp takes 14-16 days and includes two rest days, whereas the Annapurna Base Camp trek lasts 11-14 days without mandatory rest days. Both treks offer options to shorten the duration.

Is Annapurna visible from Pokhara?

Yes, Annapurna is visible from various vantage points in Pokhara. The views of the Annapurna Range combined with the mist-shrouded, relaxed cityscape are a visual delight.

Where is the best view of Mount Everest?

Kala Patthar (5,164 meters) offers the best view of Mount Everest. It's the highest viewpoint accessible without severe mountaineering techniques, providing a close-up view of the majestic peak.

Which is better ABC or EBC?

The Annapurna Base Camp Trek is marginally shorter and lower in altitude than the Everest Base Camp Trek, but marginally inferior in terms of the beauty of the alpine scenery. When compared to the EBC journey, the ABC walk offers better views of the environment (forest, rivers, and hills), but fewer

Himalayan peaks.

What is the most leisurely trek to see Everest?

The easiest way to view Mount Everest is by traveling overland from Lhasa to Tibet EBC. This method is less strenuous compared to hiking or cycling to Everest Base Camp.

What are the unique features of Everest region trekking?

The climb to Kala Patthar (5,550 meters) provides a breathtaking view of Mount Everest and the surrounding peaks, especially at sunrise. This is one of the unique aspects of a typical Everest Base Camp Trek.

What is unique about Everest?

Mount Everest is the highest of the Himalayan mountains, and—at 8,850 meters (29,035 feet) is considered the highest point on Earth. Mount Everest is a peak in the Himalayan mountain range. It is located between Nepal and Tibet, an autonomous region of China

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the

cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness,

or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

Address

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