



Adventure Altitude

Treks & Expedition Pvt. Ltd.

Day 1: Arrive in Kathmandu and transfer to hotels.

Day 2: In Kathmandu with sightseeing tour at places of interest.

Day 3: Drive to Syange 1,140 m via Besisar - 07 hrs.

Day 4: Trek to Dharapani 1,920 m - 05 hours.

Day 5: Trek to Chame 2,670 m - 05 hours.

Day 6: Trek to Pisang 3,230 m - 05 hrs.

Day 7: Trek to Manang Village 3,450 m - 05 hrs.

Day 8: Rest day at Manang for local hikes and acclimatization.

Day 9: Trek to Yak Kharka 4,110 m - 04 hours.

Day 10: Trek to Thorang High Camp 4,600 m - 04 hrs.

Day 11: Cross Thorang-La 5,416 m and to Muktinath 3,800 m - 07 hrs.

Day 12: Trek to Marpha 2,670 via Jomsom 2,715 m - 06 hours.

Day 13: Trek to Lete 2,480m - 06 hrs.

Day 14: Trek to Tatopani 1,190m - 06 hrs.

Day 15: Trek to Ghorepani 2,750 m - 06 hrs.

Day 16: Trek to Tirkhedhunga 1,500m - 05 hours walk.

Day 17: Trek to Nayapul 1,100m and drive to Pokhara 860m.

Day 18: Fly or drive to Kathmandu and transfer to your respective hotels.

Day 19: In Kathmandu free and spare day for individual activities.

Day 20: International departure for homeward bound.

INCLUDES & EXCLUDES

Whats included

- Airport pick up and drop off by a private vehicle
- 3 Nights hotel in Kathmandu at 3-star category hotel with breakfast in twin sharing basis
- Kathmandu Valley sightseeing (Private vehicle and English-speaking guide)
- Kathmandu to Pokhara and Pokhara to Kathmandu transport by a tourist bus
- 1 Night hotel in Pokhara at 3-star category hotel with breakfast in twin sharing basis
- All the transportations
- ACAP (Annapurna Conversation Area Permit) and TIMS Cards
- An experienced English-speaking guide and his all expenses including insurance during the trekking
- Porter (1 porter for 2 trekkers and carries 15kgs to 20 kgs) and their all expenses including insurance
- Full board basis during the trekking (Breakfast, Lunch and Dinner Included)
- Teahouse accommodation during the trekking in twin sharing basis
- Trekking route map
- Complimentary sleeping bags and down jackets
- First aid kit
- All the government and company service charges

Whats excluded

- *International airfare*
- *Travel Insurance*
- *Nepal visa fee*
- *Lunch and dinner in Kathmandu and Pokhara except complimentary dinners*
- *Personal expenses (WIFI, bar bills, laundries, electricity charges for the gadgets, hot shower, hot water etc)*
- *Tipping for guide(s), porter (s), driver(s)*
- *Anything does not include in the inclusion list.*