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Annapurna Expedition

URL: <https://www.alpinewondertreks.com/trip/the-annapurna-expedition/>

Trip Code

AWTE-AE-09

Destination

Nepal

Activity

8000 - Expeditions

Start / End Point

Kathmandu / Kathmandu

Duration

45

Per Person From

USD 38,000

Accommodation

custom-content

Max. Altitude

8091m

Group Size

6 - 20

Nature Of Trek

Expedition

Best Season

Spring(15 March)

Activity Per Day

5-7 hours

Transportation

Jeep

Teahouse /Camping

B.L.D

Breakfast

Lunch

Dinner

Challenging



Annapurna Himal Expedition for 2025

Source:https://www.instagram.com/p/C86-p3tSDy7/?img_index=3

The Annapurna Expedition is a thrilling journey to one of the most iconic and challenging peaks in the world. Standing at 8,091 meters, Annapurna I is the 10th-highest mountain globally and is renowned for its breathtaking beauty and technical difficulty.

Located in Nepal's central Himalayas, this expedition offers mountaineers a unique adventure that demands physical strength and mental perseverance.

The journey to the top of this beautiful mountain begins in Kathmandu, where climbers are introduced to Nepal's rich culture before setting off on a scenic trek through traditional villages and lush landscapes. The path to Annapurna Base Camp, surrounded by towering peaks, provides a once-in-a-lifetime experience, offering beautiful views of Annapurna, Machapuchare, and the surrounding valleys.

Designed for experienced mountaineers, the Annapurna Expedition combines high-altitude trekking with demanding technical climbing. The ascent includes challenging icefalls, glaciers, and steep ridgelines that require advanced mountaineering skills and sound acclimatization strategies.

With the support of expert guides, Sherpas, and logistical staff, the climb offers the perfect balance of challenge and adventure.

This expedition is a test of endurance, skill, and determination. It is the ideal challenge for climbers seeking to conquer a world-renowned peak while experiencing the beauty and culture of the majestic Annapurna region.

Highlights of the Annapurna Expedition

- Stand atop Annapurna I, at 8,091 meters, summiting one of the highest peaks in the world.
- Views of some of the most famous mountains in the Himalayas, including Machapuchare, Dhaulagiri, and Hiunchuli.
- Walk through lush forests, terraced fields, and alpine meadows, experiencing the changing landscapes as you ascend toward Base Camp.
- Discover Nepal's rich cultural heritage as you pass through traditional Gurung and Magar villages.
- Reach the base camp, a stunning location surrounded by towering peaks, offering beautiful views of Annapurna's southern face.
- Encounter the diverse flora and fauna of the Annapurna Conservation Area, including rhododendron forests, snow leopards, and Himalayan tahr.
- Enjoy the Kali Gandaki Gorge, recognized as the world's deepest gorge, nestled between Annapurna and Dhaulagiri.
- Relax in the natural hot springs of Tatopani.
- Trek to Poon Hill, one of the best viewpoints in the region, offering sweeping views of the Annapurna and Dhaulagiri ranges.

Overview of the Annapurna Expedition

The Annapurna Expedition is an incredible journey that takes mountaineers to one of the most iconic and technically demanding peaks in the world, Annapurna I. Standing at 8,091 meters, it is the 10th highest mountain on Earth. It is known for its challenging terrain and breathtaking beauty.

Situated in the central region of Nepal, the Annapurna massif offers an unparalleled experience of Himalayan climbing and trekking.

This expedition is designed for experienced climbers and is not for the faint of heart. The journey begins in Kathmandu, Nepal's vibrant capital, where climbers prepare by acquiring permits and meeting the climbing team. From Kathmandu, the journey continues to Pokhara, a beautiful town that serves as a gateway to the Annapurna region.

The trek to Annapurna Base Camp allows one to witness the striking diversity of landscapes, from lush subtropical forests and terraced fields to alpine meadows. Along the way, trekkers will experience the unique culture of the Gurung, Magar, and other ethnic communities, adding a rich cultural element to the expedition.

Once at base camp, the serious climbing begins. Annapurna I is famous for its technical difficulty, including steep rock faces, icefalls, and glaciers. The summit push requires skilled mountaineering techniques, physical endurance, and the ability to deal with extreme weather conditions at high altitudes.

One of the highlights of the Annapurna Expedition is the opportunity to witness stunning panoramic views of the surrounding peaks, including Dhaulagiri, Machapuchare, and Hiunchuli. In addition, the region is home to the world's deepest gorge, Kali Gandaki, and appealing spots like the hot springs in Tatopani, providing moments of rest before continuing the journey.

The Annapurna Expedition offers climbers a rare chance to test their limits in one of the planet's most beautiful and challenging mountain ranges.

Why the Annapurna Expedition?

Annapurna Expedition offers a truly unique and challenging adventure for experienced mountaineers. Standing at 8,091 meters, Annapurna I is one of the most challenging and technical peaks in the world, known for its steep terrain, unpredictable weather, and demanding rock and ice climbing sections.

Beyond the climb, the region boasts some of the most breathtaking landscapes in the world. The trek to Base Camp takes you through lush valleys, terraced fields, dense forests, and high-altitude meadows, providing panoramic views of Annapurna, Dhaulagiri, Machapuchare, and other towering peaks.

The cultural richness of the Annapurna region also adds to the journey, with opportunities to interact with local communities like the Gurung and Magar, whose warm hospitality and unique traditions enhance the experience.

One of the standout features of the Annapurna Expedition is the Kali Gandaki Gorge, the deepest gorge in the world, lying between Annapurna and Dhaulagiri, offering stunning views and adding a unique touch to the adventure.

Successfully reaching the summit is considered one of the most significant accomplishments in mountaineering, making the Annapurna Expedition the ultimate goal for those seeking a physical, mental, and emotional challenge in the Himalayas.

Best Time to Plan for the Annapurna Expedition

The best time to plan the Annapurna Expedition is during the pre-monsoon (spring) and post-monsoon (autumn) seasons, which offer the most favourable weather conditions for climbing.

Spring Season (March to May)

This is one of the most popular times for mountaineers to attempt the Annapurna tour. During this period, the weather is generally stable, with moderate temperatures and clear skies, providing excellent climbing visibility. The trekking conditions are also favourable, with fewer weather-related disruptions like snowstorms.

Autumn Season (September to November)

The post-monsoon season is another ideal time to plan the expedition. After the monsoon rains, the weather is more precise, with crisp and dry conditions. The trekking trails are in good condition, and the skies are often straightforward, allowing for stunning views of the Annapurna range and other surrounding peaks. This season is typically less crowded than spring, offering a more serene and peaceful experience.

Both seasons provide optimal conditions for high-altitude trekking and technical mountaineering. However, it is essential to remember that temperatures can drop drastically at higher altitudes, especially at night. Therefore, careful planning for acclimatization and appropriate gear is crucial.

However, it's crucial to avoid the **monsoon season (June to August)** and **winter season (December to February)** for the Annapurna Expedition. The monsoon season brings heavy rainfall, making trails slippery and prone to landslides, with higher risks of avalanches and difficult navigation.

The winter season presents extreme cold temperatures, particularly at higher altitudes, where snow and ice can make climbing treacherous and require additional technical skills. These seasons also have a higher likelihood of unpredictable weather, which could significantly impact your climb and overall safety.

Why Alpine Wonder Trek for Annapurna Expedition?

Choosing Alpine Wonder Treks for your Annapurna Expedition means prioritizing safety, expertise, and exceptional service. Our team's primary focus is the safety of all, from clients to supporting staff, ensuring that everyone stays together throughout the journey. We offer high-quality equipment and logistical support for Full Board Service and Base Camp Service.

You'll be in safe hands with our highly qualified and experienced climbing Sherpa guides, kitchen staff, and Base Camp Manager. If needed, we also provide helicopter rescue services for an added charge. We offer competitive rates to match your best interests, ensuring you receive the best value.

Our team of experts presents a range of alternative routes to enhance your expedition experience. With group packages and discounts, we make the trip even more affordable. Our services cater to first-time trekkers and seasoned climbers, making the Annapurna Expedition accessible to all.

We take pride in our commitment to sustainable tourism and have a remarkable 96% success rate, with customer satisfaction at the core of our operations. Communication is key, and we ensure constant connection between the team and clients, taking responsibility for any shortcomings on our part.

Detailed Itinerary for the Annapurna Expedition

Day 1:

Welcome to the beautiful land of Nepal! Upon your arrival at Tribhuvan International Airport, a representative from [Alpine Wonder Treks](#) will warmly receive you and assist with airport formalities. You'll be transferred to a comfortable hotel in the heart of Kathmandu.

After checking in, you can unwind or explore the bustling streets of Thamel, known for its lively vibe, shops, and cafes. In the evening, you will be briefed on the adventure ahead, followed by a welcome dinner featuring authentic Nepalese cuisine.

Highest altitude:

1,400 meters (4,593 feet)

Start point:

Tribhuvan International Airport, Kathmandu

End point:

Hotel in Kathmandu

Mode of transportation:

Private vehicle

Accommodation:

Hotel in Kathmandu

Day 2:

Today is dedicated to preparation. You will attend a comprehensive expedition briefing with your guide, who will cover essential details about the trek and climb, including safety protocols, acclimatization strategies, and the climbing route.

Afterwards, your team will assist in checking all climbing gear and equipment to ensure that nothing is missing or defective. If needed, you can purchase or rent additional gear from reliable shops in Kathmandu.

This is also the time to finalize climbing permits and documentation. Spend the rest of the day exploring the cultural wonders of Kathmandu. If time permits, you can visit other places on the bucket list.

Highest altitude:

1,400 meters (4,593 feet)

Start point:

Hotel in Kathmandu

End point:

Kathmandu

Mode of transportation:

On foot for city errands

Meals:

B

Accommodation:

Hotel in Kathmandu

Day 3:

After breakfast, you'll either take a scenic 6-7 hour drive or a 30-minute flight to Pokhara, the gateway to the Annapurna region. The drive follows winding roads alongside the Trishuli River, offering views of verdant hills and rural landscapes. If you choose the flight, prepare for mesmerizing aerial views of the Himalayas.

Upon arrival, you'll check into your hotel near the serene Phewa Lake. Take a leisurely evening stroll by the lakeside or visit landmarks like Davis Falls and the World Peace Pagoda.

Trek duration:

6-7 hours by drive

Highest altitude:

822 meters (2,697 feet)

Flight hours:

30 minutes

Start point:

Kathmandu

End point:

Pokhara

Mode of transportation:

Private vehicle or domestic flight

Meals:

B

Accommodation:

Hotel in Pokhara

Day 4:

Today the travel begins with a scenic drive from Pokhara to Beni, a lively town where the Kali Gandaki and Myagdi rivers meet. From Beni, the drive becomes more rugged as you ascend through narrow mountain roads, passing picturesque terraced fields, dense forests, and charming villages.

The journey continues until you reach Lete, a peaceful village surrounded by greenery and distant mountain views. You'll stay overnight in a teahouse or camp, preparing for the trekking days ahead.

Trek duration:

6-8 hours

Highest altitude:

2,480 meters (8,136 feet)

Start point:

Pokhara

End point:

Lete

Meals:

B,L,D

Accommodation:

Teahouse

Day 5:

Your trekking adventure begins today as you leave Lete and ascend towards Thulobugin. The trail leads you through lush alpine forests, rhododendron groves, and a landscape you might have never witnessed. The crisp mountain air and serene surroundings perfectly introduce the Annapurna region.

As you progress, you'll witness glimpses of towering peaks in the distance. By late afternoon, you'll arrive at Thulobugin, where the team will set up camp. Enjoy a hearty dinner under the starry Himalayan sky.

Trek duration:

5-6 hours

Highest altitude:

3,200 meters (10,500 feet)

Start point:

Lete

End point:

Thulobugin

Meals:

B,L,D

Accommodation:

Teahouse

Day 6:

Today's trek continues through remote and beautiful terrain as you make your way to Hum Khola. The trail becomes more challenging with occasional steep ascents and descents. You'll pass through dense forests and cross suspension bridges over gushing rivers.

The trek offers opportunities to encounter local wildlife and enjoy moments surrounded by nature. Upon reaching Hum Khola, you'll set up camp and relax by the riverside, savouring a well-earned meal.

Trek duration:

6-7 hours

Highest altitude:

3,880 meters (12,730 feet)

Start point:

Thulobugin

End point:

Hum Khola

Meals:

B,L,D

Accommodation:

Camping

Day 7:

The journey today takes you through even more rough terrain as you ascend towards Miristi Khola. The trail becomes more challenging as you gain altitude, but it will be worth it with breathtaking views of the surrounding peaks.

You'll trek alongside glacial streams and navigate rocky pathways. The day's trek culminates at Miristi Khola, where you'll set up camp in a serene location surrounded by pristine wilderness.

Trek duration:

6-7 hours

Highest altitude:

4,650 meters (15,255 feet)

Start point:

Hum Khola

End point:

Miristi Khola

Mode of transportation:

On foot

Meals:

B,L,D

Accommodation:

Camping

Day 8:

This is a significant day as you reach the iconic Annapurna Base Camp. The trek is demanding but incredibly rewarding, with panoramic views of Annapurna I, Annapurna South, and Machapuchare (Fishtail).

The landscape transforms into a stark and beautiful alpine wonderland. Upon arrival at Base Camp, you'll set up camp and have time to acclimatize and soak in the awe-inspiring scenery. The sense of achievement and anticipation for the climb ahead is palpable.

Trek duration:

5-6 hours

Highest altitude:

4,900 meters (16,076 feet)

Start point:

Miristi Khola

End point:

Annapurna Base Camp

Meals:

B,L,D

Accommodation:

Camping

Day 9-35:

Starting Point: Annapurna Base Camp

End Point: Annapurna Summit and back to Base Camp

Elevation: 8,091 meters (26,545 feet)

Trip Duration: 27 days

Mode of Transportation: On foot and technical climbing

This crucial phase of the Annapurna expedition involves the ascent from base camp to the summit, covering a series of high-altitude rotations for acclimatization and strategic rest. Progressing through multiple high camps, each ascent becomes more challenging, requiring careful planning and acclimatization to mitigate the risks of altitude sickness.

The highlight is the final summit push, a monumental achievement rewarded with views of the Himalayan giants. These weeks define the heart of the expedition, testing every climber's spirit and determination.

Base Camp to Camp I (4,900m to 5,500m)

Elevation Gain: 600 meters

Distance: Approximately 6-8 km

Terrain: Glacial moraines, icy slopes, and snowfields

Accommodation: Tented campsite

The climb begins at Annapurna Base Camp, a crucial acclimatization and preparation hub at 4,900 meters. Surrounded by dramatic Himalayan landscapes, Base Camp serves as a sanctuary for climbers to gear up, undergo final safety briefings, and adapt to high-altitude conditions.

Camp I to Camp II (5,500m to 6,000m)

Elevation Gain: 500 meters

Distance: Approximately 5-7 km

Terrain: Steep snowy slopes, crevasse zones, and ice walls

Accommodation: Tented campsite

The journey from Camp I to Camp II involves traversing a mix of steep snowy sections and crevasses, with occasional ice walls adding complexity. The higher altitude demands steady pacing and teamwork as climbers navigate exposed ridgelines.

At Camp II, perched at 6,000 meters, the oxygen levels drop significantly, making acclimatization essential. This camp provides stunning panoramic views of the Annapurna massif and marks a turning point in the climb's technical difficulty.

Camp II to Camp III (6,000m to 6,800m)

Elevation Gain: 800 meters

Distance: Approximately 7-9 km

Terrain: Mixed ice and rock sections, sharp ridgelines

Accommodation: Tented campsite

This leg of the climb presents one of the most physically demanding sections. Steep ice faces, rocky ridges, and unpredictable weather test the endurance of even the most experienced climbers. Camp III, situated at 6,800 meters, often experiences harsh winds and frigid temperatures.

Climbers use this high-altitude camp as a critical acclimatization stop before pushing higher. Proper rest and hydration are vital at this stage to prevent altitude sickness.

Camp III to Camp IV (6,800m to 7,400m)

Elevation Gain: 600 meters

Distance: Approximately 5-6 km

Terrain: Treacherous ridgelines, steep ice faces

Accommodation: Tented campsite

Ascending to Camp IV involves navigating a treacherous route with sharp ridges and icy slopes. Technical mountaineering skills are essential as climbers tackle exposed sections with minimal margins for error.

Camp IV, the highest camp at 7,400 meters, serves as the staging point for the final summit push. The atmosphere here is thin, cold, and intense, demanding careful planning and psychological resilience for the summit attempt.

Summit Push and Descent (7,400m to 8,091m and back)

Elevation Gain: 691 meters

Distance: Approximately 8-10 km round trip

Terrain: Steep icy ridges, technical rock and ice sections

Accommodation: Tented camps during the descent

The summit attempt begins in the early hours, around midnight, to take advantage of stable weather conditions. The route from Camp IV to the summit is steep, narrow, and riddled with ice and rock faces. The climb requires 10 to 14 hours of continuous effort, with temperatures dropping as low as -20°C.

Upon reaching the summit at 8,091 meters, climbers are rewarded with an unparalleled 360-degree view of the Himalayas, a moment of triumph after weeks of relentless effort. The descent is equally demanding, requiring caution and focus as climbers return through Camp IV, Camp III, and eventually back to Base Camp over several days.

The journey down is marked by exhaustion but also a deep sense of accomplishment and awe for the mighty Annapurna.

Highest altitude:

8,091 meters (26,545 feet)

Start point:

Annapurna Base Camp

End point:

Annapurna Summit and back to Base Camp

Meals:

B,L,D

Accommodation:

Camping

Day 36:

After the exhilarating and gruelling ascent and descent of Annapurna I, the journey back begins with a trek to Miristi Khola. The descent feels less physically demanding but requires attentiveness due to rugged trails filled with loose rocks and uneven terrain.

As you retrace your steps, the stark yet stunning glacial landscapes gradually transition into gentler slopes. Upon reaching Miristi Khola, the campsite provides a serene environment for rest. The evening reflects on the challenges conquered and the stunning Himalayan scenery.

Trek duration:

5-6 hours

Highest altitude:

4,650 meters (15,255 feet)

Start point:

Annapurna Base Camp

End point:

Miristi Khola

Meals:

B,L,D

Accommodation:

Camping

Day 37:

The trek continues with a steady descent toward Thulobugin. The path winds through beautiful valleys, alpine meadows, and sparse forests. As the altitude decreases, breathing becomes easier, and the temperature rises, bringing relief after days in high-altitude conditions.

Thulobugin is a peaceful spot surrounded by pristine wilderness, where climbers set up camp for a restful night under the clear Himalayan skies.

Trek duration:

6-7 hours

Highest altitude:

3,200 meters (10,500 feet)

Start point:

Miristi Khola

End point:

Thulobugin

Mode of transportation:

On foot

Meals:

B,L,D

Accommodation:

Camping

Day 38:

Today's trek leads you through enchanting landscapes, including dense forests, rhododendron groves, and traditional Nepali villages. The trail gradually descends, offering captivating views of terraced fields and distant snow-clad peaks. Vibrant wildlife sightings add charm to the trek. Upon reaching Lete, you'll be welcomed by a cozy teahouse, where you can enjoy a warm meal and a comfortable night's sleep.

Trek duration:

5-6 hours

Highest altitude:

2,480 meters (8,136 feet)

Start point:

Thulobugin

End point:

Lete

Mode of transportation:

On foot

Meals:

B,L,D

Accommodation:

Teahouse

Day 39:

The scenic drive from Lete to Pokhara offers a fascinating transition from rugged mountain terrain to lush green hills. A stop at Tatopani provides a delightful break, where you can soak in natural hot springs to soothe tired muscles.

The journey continues along winding roads, passing vibrant villages and cascading waterfalls. When you arrive in Pokhara by late afternoon, you'll check into a comfortable hotel near the serene Phewa Lake, which is perfect for a relaxing evening.

Trek duration:

7-8 hours

Highest altitude:

822 meters (2,697 feet)

Start point:

Lete

End point:

Pokhara

Mode of transportation:

Private jeep

Meals:

B,L

Accommodation:

Hotel in Pokhara

Day 40:

After breakfast, you'll either embark on a scenic drive or take a quick domestic flight back to Kathmandu. The drive offers picturesque views of terraced fields, quaint villages, and river valleys, while the flight provides a bird's-eye view of the majestic Himalayan range.

Upon arrival in Kathmandu, check into your hotel for a leisurely afternoon. Consider exploring the vibrant streets of Thamel or visiting nearby cultural landmarks.

Trek duration:

6-7 hours by drive

Highest altitude:

1,400 meters (4,593 feet)

Flight hours:

30 minutes

Start point:

Pokhara

End point:

Kathmandu

Mode of transportation:

Private vehicle or domestic flight

Meals:

B

Accommodation:

Hotel in Kathmandu

Day 41:

This day is set aside for relaxation and reflection. The expedition leader will conduct a detailed debriefing session, sharing insights and feedback on the journey. You'll have ample time to rest, enjoy the hotel amenities, or explore the bustling streets of Kathmandu.

In the evening, a special farewell dinner featuring traditional Nepali cuisine will be arranged, providing a

fitting conclusion to your adventure.

Highest altitude:

1,400 meters (4,593 feet)

Start point:

Hotel in Kathmandu

End point:

Hotel in Kathmandu

Meals:

B

Accommodation:

Hotel in Kathmandu

Day 42:

After a hearty breakfast, you'll have some free time to savour your last moments in Kathmandu. A private vehicle will transfer you to Tribhuvan International Airport for your final departure. As you bid farewell to Nepal, carry with you unforgettable memories of your Annapurna Expedition and the incredible experiences shared with your team. Safe travels and Namaste!

Highest altitude:

1,400 meters (4,593 feet)

Start point:

Hotel in Kathmandu

End point:

Tribhuvan International Airport

Mode of transportation:

Private vehicle

Driving hour:

20m

Driving distance:

6km

Meals:

B

Good to Know for the Annapurna Expedition

The Annapurna expedition is one of the most complex journeys in the mountaineering world. As a result, you will need to prepare very carefully. Although any good expedition team like Alpine Wonder Trek takes good care of everything, it is always a wise idea to remember the important things.

Permits Required for Annapurna Expedition

You'll need to obtain several permits to climb Annapurna I. The expedition company usually takes care of all the permits and permits. However, it is always a good idea to know the required papers. The permits include:

Annapurna Conservation Area Permit (ACAP): This is mandatory for all trekkers and climbers in the Annapurna region. It helps protect the area's natural and cultural heritage.

Trekkers' Information Management System (TIMS) Card: This is required for trekkers entering the Annapurna region to ensure safety in emergencies.

Climbing Permit for Annapurna I: A special permit issued by the Nepal Mountaineering Association (NMA) or the Department of Tourism (DoT) is necessary to climb Annapurna I (8,091 meters). This is a high-altitude permit; fees depend on the season and number of climbers.

Expedition Liaison Officer (ELO): An ELO may be assigned to your team, particularly during the climbing period, to ensure proper coordination with local authorities and provide necessary assistance.

Physical Fitness & Technical Skills

The Annapurna Expedition demands high physical fitness and technical mountaineering expertise. It is not suitable for beginners. Climbers must be proficient in ice climbing, crevasse navigation, and rock climbing, as these technical skills are necessary to safely tackle the challenges of steep, icy slopes and rock faces.

Previous experience with high-altitude expeditions is highly recommended due to the complexities of such climbs, which involve navigating through crevasses, glaciers, and icefalls.

Weather & Conditions

The weather in the Annapurna region can be highly unpredictable and varies dramatically with altitude. Climbers should be ready for cold temperatures, high winds, snow, and rain, especially at higher altitudes. Weather conditions can shift rapidly, and it's not uncommon for the summit window to be a fleeting opportunity.

Climbers will have to remain flexible with their plans and be prepared to adjust the expedition schedule based on the weather. Good weather is essential for summit attempts, as adverse conditions can make climbing dangerous. Climbers should be prepared for everything from freezing cold to storms, which can disrupt progress or halt it altogether.

Acclimatization

Acclimatization is a critical part of the Annapurna Expedition. The climb involves progressively higher altitudes, and it's vital for climbers to adjust to the lower oxygen levels as they ascend. The expedition follows a staged ascent strategy, where climbers reach higher camps and then return to base camp to rest and allow the body time to adjust.

Proper acclimatization reduces the risks of altitude sickness, which can severely impact health and climbing ability. Inadequate acclimatization can lead to dangerous consequences, such as High Altitude Cerebral Edema (HACE) or High Altitude Pulmonary Edema (HAPE), so climbers should pay close attention to their bodies and symptoms, following a steady pace and adhering to the acclimatization schedule.

Mental Toughness

Annapurna is one of the world's most physically and mentally demanding climbs. Climbers must remain

mentally focused and prepared for unexpected challenges, including fatigue, high-altitude discomfort, and unpredictable weather conditions. It's important to keep a positive mindset despite setbacks, and teamwork is vital for ensuring each member's success and well-being.

The expedition tests physical endurance and mental resilience, as climbers may face difficult days, a sense of isolation, and moments of extreme exhaustion. Maintaining motivation, focusing on goals, and supporting one another will be essential for overcoming obstacles and overcoming tough days on the mountain.

High Altitude Sickness

High altitude sickness, including Annapurna, is a common concern on any high-altitude expedition. Even experienced climbers are susceptible to headaches, nausea, dizziness, and shortness of breath. Climbers must recognize the early signs and be willing to descend immediately if symptoms worsen.

Acute mountain sickness (AMS) can progress quickly; the best prevention is careful acclimatization. Staying well-hydrated, avoiding overexertion, and paying close attention to bodily signals will help mitigate the risks. The expedition includes planned rest days for acclimatization, but if symptoms of altitude sickness become severe, descent is essential.

Sherpas & Support Team

The Annapurna Expedition is supported by experienced Sherpas, who are key in ensuring climbers' safety and success. Sherpas are familiar with the mountain's terrain and skilled in all mountaineering aspects, including technical climbing, navigating crevasses, and guiding teams through difficult sections.

In addition to Sherpas, the expedition will be supported by a professional team, including cooks, porters, and base camp managers. These individuals ensure that all logistical aspects of the climb are managed efficiently, and their support is critical for the smooth operation of the expedition.

Summit Window

Summit attempts for Annapurna I generally happen during narrow weather windows, which are often brief periods of favourable weather when conditions are safe for the final push. Climbers may have to wait for optimal weather, and flexibility is essential.

Summit attempts are subject to changing weather patterns, and climbers should be prepared for adjustments in their schedules to take advantage of the brief windows when conditions are ideal for reaching the summit. The timing of the summit attempt will depend on careful observation of weather forecasts and regular communication with the base camp.

Communication

Due to the remote location of the Annapurna region, reliable communication is essential for ensuring the safety of all climbers. Satellite phones and radios are provided to stay in constant contact with the base camp, other climbing teams, and weather stations. It's vital to maintain communication during the climb, especially to receive updates on weather conditions or to alert the team to any issues that may arise.

Climbers are encouraged to check in regularly with their guides and team members to ensure everyone's well-being and safety. Communication systems are also essential for coordinating evacuation in case of

emergencies. Respect for Local Culture

The Annapurna region is home to diverse and rich local cultures, including the Gurung and Magar communities. It's important for climbers to show respect for the local traditions and communities, who often provide support and hospitality along the trek.

Interactions with locals offer valuable insights into Nepal's cultural heritage, and climbers should aim to engage in positive, respectful exchanges. Understanding and respecting local customs not only enriches the journey but also fosters goodwill and preserves the cultural fabric of the region.

Insurance & Emergency Evacuation

Comprehensive travel insurance is mandatory for all participants. This should cover everything from trip cancellation to emergency evacuation. In case of illness, injury, or severe weather, climbers can be evacuated via helicopter to lower altitudes or to Kathmandu, but this service comes with an additional cost.

Helicopter rescues are a safety measure but should only be used in emergencies. It's vital for climbers to check that their insurance policy covers high-altitude expeditions and emergency evacuation services to ensure they are financially protected in case of unforeseen circumstances.

Waste Management

Annapurna is a pristine environment, and climbers are expected to follow the Leave No Trace principles to minimize their environmental impact. All waste, including human waste, must be packed out and disposed of properly. Climbers should carry waste disposal bags, and no littering is allowed on the mountain.

Maintaining the natural beauty of Annapurna is a collective responsibility, and climbers must ensure that they leave the mountain as clean as they found it for future generations.

Duration of Expedition

The Annapurna Expedition is a long-term commitment lasting 43 days. The majority of this time will be spent at base camps and high-altitude camps, preparing for the climb, acclimatizing, and resting in between ascents. The expedition requires considerable patience and persistence.

Climbers should be prepared for the long duration and understand that acclimatization and proper rest are essential for a successful summit attempt. The journey will be physically and mentally demanding, with a significant portion of the time spent at high altitudes, so climbers need to stay focused and patient throughout the journey.

Helicopter Rescue

While helicopter rescues are not anticipated, they can be arranged in case of an emergency. A helicopter can be dispatched if a climber needs to be evacuated due to illness, injury, or extreme weather conditions. Helicopter rescues are expensive and are only used when absolutely necessary.

Climbers should understand the costs involved and ensure they have appropriate insurance coverage to cover these services should the need arise. Emergency rescues are handled on a case-by-case basis, and a quick response time is crucial for climbers in distress.

Essential Gears and Equipment for the Annapurna Expedition

Packing List

Trekking and Climbing Boots

The foundation of your high-altitude trek is a durable pair of boots. For trekking to the base camp, you'll need sturdy, waterproof, insulated boots that support your ankles. When you're pushing toward the summit, you'll require double-layered mountaineering boots with insulation and crampon compatibility to withstand severe cold and ice.

Sleeping Bag and Sleeping Mat

A high-performance sleeping bag is essential to stay warm in frigid conditions at high altitudes. Choose a sleeping bag rated for temperatures of at least -20°C (-4°F). Complement your sleeping bag with an inflatable sleeping mat to keep you insulated from the cold ground and ensure a restful night.

Clothing Layers

Packaging proper clothing layers is crucial to stay dry and warm. These layers must be breathable, moisture-wicking, and designed to combat extreme cold. Essential items include:

- Base Layers: Merino wool or synthetic thermal tops and bottoms
- Mid Layers: Fleece or down jackets
- Outer Layers: Waterproof and windproof jackets and pants
- Insulated Jackets: Down or synthetic jackets for extreme cold
- Gloves: Multiple pairs of insulated gloves for varying weather
- Hats: Sun hats for lower altitudes and insulated beanies for higher altitudes
- Neck Gaiter/Face Mask: For wind and cold protection
- Socks: Woolen socks for warmth at high altitudes

Climbing Equipment

To safely summit Annapurna and navigate its technical sections, you'll need specialized climbing gear:

- Crampons: For traction on icy surfaces
- Ice Axe: For balance and self-arrest during climbs
- Harness: To secure yourself to the rope
- Carabiners: Both locking and non-locking for gear attachment
- Ropes: Dynamic ropes for climbing and static ropes for fixed lines
- Helmet: To protect from falling debris or ice

Trekking Poles

Essential for stability on uneven terrain, trekking poles will ease the strain on your knees during both ascents and descents, especially in tricky or slippery areas.

Backpacks

A well-fitting backpack is critical for carrying your gear. You'll need a smaller daypack (20-40 litres) for daily hikes and a larger expedition pack (60-80 litres) for carrying extra equipment on higher altitude sections. Ensure both packs have padded straps and waist belts for comfort and even weight distribution.

Sun Protection

At high altitudes, UV rays are more intense. To protect yourself, pack:

Sunscreen: With a high SPF, and water-resistant

- Lip Balm: With UV protection
- Sunglasses: High UV protection to avoid snow blindness
- Sun Hat/Cap: For shade during the trek

Personal First Aid Kit

Carry a well-stocked first aid kit for emergencies. It should include:

- Basic medications (pain relievers, anti-inflammatory, anti-diarrheal, etc.)
- Altitude sickness medication (Diamox or similar)
- Bandages, antiseptic wipes, and gauze
- Blister treatment supplies
- Prescription medications (if applicable)
- Thermometer and cold injury gloves

Water and Hydration System

Hydration is critical at high altitudes. Bring:

- Water Bottles: At least 2 liters of capacity per person
- Hydration System: Bladders or hydration packs with tubes for easy sipping during the trek
- Water Purification System: Filters, iodine tablets, or UV purifiers for safe drinking water

Cooking and Eating Gear

Though the expedition team provides food, you might need personal items for extra meals. Consider packing:

- Portable Stove: Compact and reliable for high-altitude cooking
- Fuel Canisters: Specific to your stove model

- Cookware: Pot, pan, and utensils for cooking
- Food: High-energy snacks, freeze-dried meals, and energy bars

Headlamp and Batteries

A powerful LED headlamp is vital for nighttime visibility. Bring extra batteries, as the headlamp will likely be used throughout the summit push.

Navigation Tools

While the route is well-established, it's wise to carry:

- GPS Device (or smartphone with offline maps)
- Compass and Map: For physical navigation

Communication Devices

For safety and emergency communication, pack:

- Satellite Phone or Radio: To communicate with base camp and rescue teams
- Personal Locator Beacon (PLB): For emergencies

Toiletries and Personal Items

Pack essential hygiene items, but keep them minimal:

- Toilet Paper
- Wet Wipes: For cleanliness during the trek
- Hand Sanitizer
- Toothbrush and Toothpaste

Emergency Supplies

In case of emergency, carry:

- Whistle
- Multi-tool or Knife
- Repair Kit: For fixing gear
- Emergency Blanket: For warmth

Insurance and Permits

Before you embark on the expedition, ensure you have:

- **Trekking Permits**

- **Climbing Permits**
- **Travel and Medical Insurance**

Snacks and Energy Foods

To fuel your body during the trek and climb, pack:

- Energy Bars, Nuts, Chocolates, and Dried Fruits: Quick, high-calorie snacks

FAQ's

1. Is Annapurna suitable for beginners?

Annapurna is not recommended for novice climbers. It demands advanced mountaineering skills and experience with high-altitude expeditions. The climb includes challenging terrain like glaciers, snowfields, and unpredictable weather, which requires proficiency in using tools such as ice axes, crampons, and ropes. Prior mountaineering experience and physical preparation are essential for a safe ascent.

2. When is the optimal time to climb Annapurna?

The ideal times to climb Annapurna are during the spring (March-May) and autumn (September-November) months. These seasons provide relatively stable weather conditions, with clear skies and moderate temperatures. It's advisable to avoid the monsoon season (June-August) due to the increased risk of avalanches, snowstorms, and challenging climbing conditions.

3. Do I need a permit to climb Annapurna?

Yes, a permit is required to climb Annapurna. You must obtain a climbing permit from the Nepal Tourism Board. Additionally, trekkers need a TIMS (Trekking Information Management System) card, which can be arranged through an authorized trekking agency.

4. How long does the Annapurna expedition take?

The Annapurna expedition usually lasts around 45 to 55 days. This includes trekking to the base camp, acclimatization periods, and summit attempts. The journey involves weeks of high-altitude trekking, acclimatizing, and climbing different camps before attempting to summit. Proper acclimatization is crucial for avoiding altitude sickness and ensuring a successful climb.

5. What is the difficulty level of the Annapurna climb?

Annapurna is a highly technical climb and is considered one of the more difficult peaks to summit. It requires strong mountaineering skills, experience with glaciers and ice, and excellent physical conditioning. The high altitude and severe weather conditions also add to the difficulty. Previous high-

altitude climbing experience is a must.

6. How fit should I be for the Annapurna expedition?

To take on the Annapurna expedition, you need to be in top physical condition. A fitness regime including cardio (running, cycling, hiking), strength training (core, legs, upper body), and endurance exercises is essential. Past experience with trekking at high altitudes or mountaineering would be highly beneficial.

7. What kind of accommodation will I have during the Annapurna expedition?

Accommodations during the Annapurna expedition will include a mix of teahouses and tented camps. In the lower altitudes, you'll stay in teahouses that provide basic amenities. At higher altitudes, base camps and higher camps will be in tents, with meals prepared by camp staff. As you ascend, facilities become more basic.

8. What is the highest point of the Annapurna expedition?

The highest elevation reached on the Annapurna expedition is the summit at 8,091 meters (26,545 feet). Reaching this altitude requires effective acclimatization and the ability to handle extreme weather conditions, including low oxygen levels, freezing temperatures, and high winds.

9. Will there be a guide and porter during the Annapurna expedition?

Yes, the expedition will be accompanied by skilled guides and porters. The guides are seasoned mountaineers familiar with the terrain, weather patterns, and climbing techniques. Porters help carry equipment and supplies, which makes it easier for climbers to focus on the ascent.

10. What kind of meals will be provided on the Annapurna expedition?

Meals on the Annapurna expedition will primarily consist of local Nepali cuisine, such as dal bhat (lentil soup with rice), momo (dumplings), soups, noodles, and calorie-rich snacks like chocolate and nuts. As you ascend, the food will become simpler but will be designed to provide sufficient energy for the climb. Meals at higher camps are generally pre-packaged or boiled.

11. Is altitude sickness a risk in Annapurna?

Yes, altitude sickness is a significant concern in Annapurna due to the high altitudes. Symptoms such as headaches, dizziness, and fatigue are common. Acclimatization days are scheduled to help your body adjust to the altitude. Proper hydration, rest, and regular monitoring of your health are crucial to prevent altitude sickness.

12. What are the challenges of climbing Annapurna?

The main challenges in climbing Annapurna include extreme weather, technical climbing, and the physical and mental endurance required for high-altitude mountaineering. The climb involves navigating glaciers and crevasses, using technical climbing equipment, and enduring harsh weather conditions like freezing temperatures and high winds.

13. Do I need insurance for the Annapurna expedition?

Yes, travel insurance is essential for the Annapurna expedition. It should cover high-altitude climbing, emergency evacuation, rescue operations, and trip cancellations. Ensure that the insurance policy specifically includes mountaineering activities and can handle high-altitude medical evacuations if necessary.

14. Can I trek to Annapurna Base Camp without summiting the peak?

Yes, you can opt to trek to the Annapurna Base Camp without attempting the summit. The trek to the base camp offers stunning views of the Annapurna range and is a rewarding experience, allowing you to immerse yourself in the natural beauty of the region without the technical demands of summiting.

15. What is the weather like on Annapurna?

The weather on Annapurna can be unpredictable. During the climbing season, temperatures can range from -10°C to -20°C (14°F to -4°F) at higher altitudes, with much colder conditions near the summit. Snowstorms and high winds are common, so it's important to be well-prepared with appropriate gear for harsh conditions.

16. Can I hire a personal Sherpa for the Annapurna expedition?

Yes, you can hire a personal Sherpa for your Annapurna expedition. Sherpas are experienced climbers who provide essential support, including carrying gear, assisting with route navigation, setting up camps, and offering guidance on technical aspects of the climb. They play a crucial role in ensuring safety and success.

17. Is there cell phone service on Annapurna?

Cell phone service is limited during the Annapurna expedition. While there may be network coverage at lower altitudes, it becomes sparse as you ascend. For emergency communication, satellite phones are recommended, especially in higher regions near the base camp.

Group Discounts Available

No. of Persons	Price per Person
6 - 20	USD 38,000

Address

Tarkeshwor -4, Namuna basti,
Kathmandu, Nepal