



MT. ANNAPURNA-I EXPEDITION [8091 M.]

Mt. Annapurna is the tenth-highest mountain in the world at 8,091m (26,545ft) above sea level and is well known for the difficulty and danger involved in its ascent.

TRIP FACTS:

PEAK NAME ANNAPURNA-I	SERVICE FULL BOARD (1:1 SHERPA)	COUNTRY NEPAL
DURATION 41 DAYS	ROUTE N - FACE	GRADE HARD DIFFICULT
RANGE ANNAPURNA	BEST SEASON SPRING	MAX ELEVATION 8091 M.
WALKING PER DAY 5-6 HOURS	NATURE HOTEL + LODGE + CAMPING	GROUP SIZE 2-15 PAX
ARRIVAL 15 MARCH 2023	DEPARTURE FOR EXPED 17 MARCH 2023	TRIP ENDS 24 APRIL 2023



REQUIRED EXPERIENCE:

Experience in mountaineering (6000 m. /7000 m. /8000 m.) is recommended and required to sign up for this expedition.

OVERVIEW:

Annapurna is a section of the Himalayas in north-central Nepal that includes (8,091 m/26,545 ft) Annapurna I, thirteen additional peaks over 7,000 m (22,970 ft), and 16 more over 6,000 m (19,690 ft). This section is a 55 km-long (34 miles long) massif. Annapurna I is tenth among Earth's fourteen eight-thousands. It rises east of the Kali Gandaki Gorge separating it from the Annapurna massif which is 34 km to the west and the gorge between is considered Earth's deepest. It is the 10th highest mountain in the world. In Sanskrit, Annapurna means "full of food" and is normally translated as the goddess of the Harvests.

In Hinduism, Annapurna is "the universal and timeless kitchen-goddess (the mother who feeds). Without her, there is starvation and a universal fear: this makes Annapurna a universal goddess. Mt. Annapurna I was the first 8,000-metre (26,200 ft) peak to be climbed by Maurice Herzog and Louis Lachenal, during a French expedition led by Maurice Herzog on 3 June 1950. Its summit was the highest summit attained on Earth for three years until the first successful ascent of Mount Everest.

Once you arrive in Kathmandu, you will have some days for preparation of goods and equipment and paper works and further trek to basecamp as per program. The base camp is normally set at (4200m/13,780ft), Camp I at (5300m/17,060ft), Camp II (5700m/18,700ft), and Camp III (6500m/21,325ft), Camp IV (7100m/23,294ft) and Mt. Summit Annapurna (8,091m/26,545ft). Annapurna is one of two (with K2) of the world's most dangerous mountains to climb, with a bad fatality-to-summit ratio.

" We await to serve you our service and share our experience with you "



ITINERARY:

DAYS	ITINERARY	DATE	MEALS	BOARD
1	Arrival in Kathmandu & Transfer to the Hotel (1,400m)	15 MAR	BB	Hotel
2	Rest in Kathmandu, Expedition Briefing and Preparation	16 MAR	B/D	Hotel
3	Fly from Kathmandu to Pokhara & Transfer to the Hotel	17 MAR	B/L/D	Hotel
4	Drive from Pokhara to Dana (1,440m)	18 MAR	B/L/D	Lodge
5	Fly by Heli from Dana to Annapurna I Basecamp (4,190m): Camping	19 MAR	B/L/D	Tent
6-29	Rotation: [Basecamp – Rotation (Camp I and Camp II) – Basecamp]	20 MAR – 12 APR	Full Board	
30-37	Climbing Period [Basecamp - Annapurna I Summit (8,091m) - Basecamp]	13 - 20 APR	Full Board	
38	Fly by Heli from Annapurna I Basecamp to Dana (1,440m) * in a group	21 APR	B/L/D	Lodge
39	Drive from Dana to Pokhara City & Fly to Kathmandu (Hotel Transfer)	22 APR	B/L	Hotel
40	Leisure day in Kathmandu City	23 APR	Breakfast	
41	Transfer to International Airport for final departure	24 APR	Breakfast	

B= Breakfast, L= Lunch and D=Dinner.



COST INCLUDES [FULL BOARD SERVICE]:

- ARRIVAL AND DEPARTURE:** Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
- HOTEL ACCOMMODATION IN KATHMANDU:** 4 nights hotel in Kathmandu (4-star category) - single room on bed and breakfast plan.
- WELCOME DINNER:** One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office Staff.
- CARGO CLEARANCE:** Assistance for cargo clearance in Nepal's Customs, clearance cost is subject to a charge.
- HOTEL IN POKHARA:** 2 nights Hotel in Pokhara City (3-star category) – Sharing room on Bed and breakfast plan.
- PERMITS:** Expedition Royalty and permit of Nepal Government to climb Mt. Annapurna I, Conservation area entry permits, and fee.
- LIAISON OFFICER:** 1 Government Liaison officer with full equipment, salary, and accommodation.
- GARBAGE MANAGEMENT:** Stool Shipment Transfer & Garbage Deposit fees.
- INSURANCE:** Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
- MAP:** Trekking and climbing map.
- DUFFLE BAG:** One Seven Summit Treks' Duffle Bag.
- MEMBER TRANSPORTATION:** (Domestic Flight): Fly from Kathmandu – Pokhara and drive from Pokhara to Dana (by jeep) While returning; Drive from Dana to Pokhara (by jeep) and fly from Pokhara to Kathmandu, as per itinerary.
- EXPEDITION STUFFS TRANSPORTATION:** Transportation of all necessary equipment for all Members and Staff from Kathmandu to Dana (by Truck) and from Dana to Base camp (By Heli / mules/porters – depending upon condition) – While returning; Base camp to Dana (By Heli / mules/porters– depending upon condition) and Dana to Kathmandu (by Truck).
- MEMBER LUGGAGE:** Up to 60 Kg per member for personal baggage during the trek carrying by porters or mules.
- FOOD AND LODGING:** 3 meals a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek and at the Basecamp. Hygienic and fresh green vegetables, fresh meat, fruits, soft drinks, and juice will be served regularly during the entire expedition using helicopter flights. Well-managed base camp set up for members & Staff.
- PORTER:** Porter per member up to and from Base camp (both ways).
- BASE CAMP STAFF:** Experienced and well-trained Base Camp Cook & kitchen Helpers as required.
- STAFF SALARY AND ALLOWANCE:** All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
- BASE CAMP TENT:** Each member will have an individual box tent in Base Camp.
- BASE CAMP EQUIPMENT:** Single Tent, foam mattresses and pillow per member, 1 Dining



Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staff, Store tent, Tables & chairs & all necessary cooking gears.

21. **HEATER:** Heater at base camp in each Dining and other necessary camps.
22. **SOLAR/GENERATOR/LIGHT:** 1 Solar panel and Generator for lights at base camp, for the battery charges, laptop, and other electronic devices.
23. **TRAINING:** Oxygen, Mask Regulator, Ice wall, and Ladder training at basecamp by a professional guide.
24. **HIGH ALTITUDE CLIMBING SHERPA:** 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back, and on each rotation.
25. **ASSISTANCE:** Climbing Sherpa to assist in carrying your gear to the high camps.
26. **CLIMBING SHERPA SALARY & ALLOWANCE:** Climbing Sherpa Salary, Equipment, Food, and Clothing.
27. **OXYGEN BOTTLE (O2):** Summit Oxygen: 3 oxygen bottles (4 ltrs.) for each member and 1 oxygen bottle for each high-altitude Sherpa. **
28. **OXYGEN MASK & REGULATOR:** 1 Set of Summit Oxygen masks and regulator for each member and high-altitude Sherpa, which has to be returned after the expedition. **
29. **BACK-UP OXYGEN:** Back up Oxygen Cylinder, mask, and regulator (with appropriate charge).
30. **HIGH CAMP SERVICE (INFRASTRUCTURE AND LOGISTICS):** High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews at (C1) (C2) (C3) and (C4). Group climbing gears, and fixed and dynamic rope during the climbing period as required.
31. **HIGH ALTITUDE TENT:** Members will share tents in high camps (2 members: 1 tent).
32. **ROPE FIXING TEAM:** The team of experienced Sherpas (including personal Sherpa) will fix the route in Annapurna I (no extra charge will be applied to members).
33. **SATELLITE PHONE:** Satellite Phone for emergency communication carried by Sherpa, also available for members with appropriate charge.
34. **WALKIE-TALKIE:** Walkie-Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
35. **PERMITS:** Satellite Phone/Walkie-talkie permit for all members and staff.
36. **INTERNET SERVICE:** Internet facility will be available at the Base Camp (subject to a charge).
37. **WEATHER FORECAST:** Weather forecast report regularly from Meteotest, Bern (Switzerland) during the entire expedition.
38. **MEDICAL KIT:** Comprehensive Medical kit for members and staff.
39. **CERTIFICATE:** Mt. Annapurna I climbing certificate issued by MoCTCA (after climbing Mt. Annapurna I successfully).

****Note:** All expedition stuff and equipment have to be returned after the expedition.

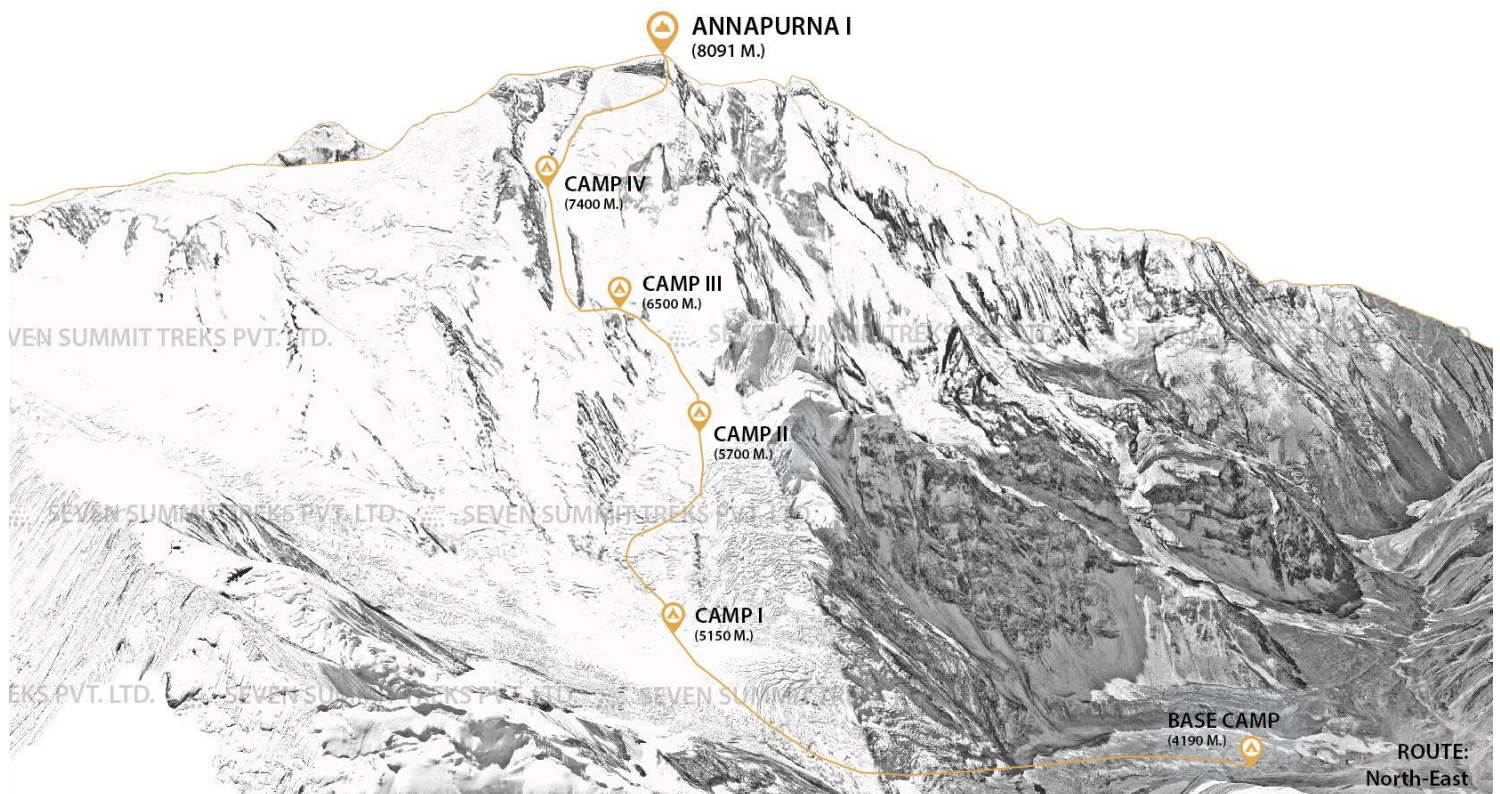


COST EXCLUDES:

1. **AIR FARE:** International flight airfare (from and to Kathmandu).
2. **NEPAL ENTRY VISA FEE:** Nepalese Visa fee is \$125 USD for 90 Days.
3. **LUNCH & DINNER:** Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
4. **EXTRA NIGHTS IN KATHMANDU & POKHARA:** Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition, or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
5. **INSURANCE POLICY:** Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high-altitude rescue & air evacuation, medical treatment, repatriation, etc.) *Mandatory
6. **PERSONAL EXPENSES:** Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any Alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
7. **PERSONAL CLIMBING EQUIPMENT:** Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
8. **TOILETRIES:** Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
9. **FILMING:** Special Filming, Camera, and Drone permit fee.
10. **INTERNET SERVICE:** Not included during the trek.
11. **SUMMIT BONUS:** Summit bonus for climbing Sherpa- Minimum **1500 USD**.
12. **TIPS:** Calculate some tips for Basecamp staff – Minimum **400 USD**.
13. **EXTRA:** Any other services or activities, which are not mentioned in the itinerary and not listed in the “Cost Includes” section.



ROUTE MAP:



All Reserved @ Seven Summit Treks!!



EQUIPMENT LIST

[EQUIPMENT SHALL BE ARRANGED BY CLIENTS THEMSELVES, NOT INCLUDED IN THE PACKAGE COST]

TRAVEL DOCUMENTS

- VALID PASSPORT
- CREDIT/DEBIT CARD
- PP SIZE PHOTO (4 PIECES)
- INSURANCE PAPER AND CONTACT ADDRESS.
- FAMILY MEMBERS / COMPANY'S CONTACT ADDRESS

FOOT WEAR

- SUMMIT BOOT - 7000 M.
(KAILAS / LASPORTIVA / MILLET)
- NORMAL SOCKS (5-6 PAIRS)
- SUMMIT SOCKS (2 PAIRS)
- TREKKING SHOES (GORE-TEX)
- LIGHT TREKKING/SPORTS SHOES
- CAMP BOOTIES (1 PAIR)
- SLIPPER (1 PAIR)

UPPER BODY

- THERMAL TOP BASE LAYER (2-3 PCS)
- FLEECE JACKET (2 PCS)
- GORE-TEX JACKET (1 PCS)
- WARM JACKET (1-2 PCS)
- WINDPROOF JACKET (1 PCS)
- DOWN JACKET (1 PCS)
- COTTON T-SHIRT (2-4 PCS)

LOWER BODY

- THERMAL BOTTOM BASE LAYER (2-3 PCS)
- FLEECE TROUSER (1PCS)
- GORE-TEX PANT (1 PCS)
- HEAVY WEIGHT PANTS (1-2 PCS)
- MID WEIGHT PANTS (1-2 PCS)
- LIGHT WEIGHT QUICK DRY TREKKING PANTS (2-3 PAIRS)
- GAITERS FOR TREKKING BOOTS
- DOWN PANTS (1PCS)
- UNDER WEAR (3-5 PCS)

HEAD

- SUN CAP
- DESERT CAP
- BALACLAVA
- FLEECE HAT/ WARM HAT (1-2 PCS)
- NECK GAITER (2-3 PCS)

HANDS

- THIN FLEECE GLOVES (2 PAIRS)
- WIND STOPPER / SCREEN TAP GLOVES
- HEAVY GLOVES (GUIDE GLOVES)
- SUMMIT GLOVES – 8000 M.

SLEEPING BAGS

- SLEEPING BAG -30°C TO -40°C
- THERMAREST MATTRESS (CELL FOAM)
- SLEEPING BAG LINER
- INFLATABLE PILLOW

CLIMBING EQUIPMENT

- CLIMBING HELMET
- SUMMIT DOWN SUIT – 8000 M.
(KAILAS/ MARMOT / MOUNTAIN HARDWARE / NORTH FACE/MILLET)
- CRAMPONS (FIT WITH BOOT)/PACKING COVER
- ICE AXE WITH SPIKE & AXE PROTECTOR
- HARNESS
- BELAY DEVICES/ FIGURE OF 8/ATC GUIDE
- JUMAR / ASCENDER
- LOCK CARABINER (3 PCS)
- UNLOCK CARABINER (2 PCS)
- TAPE SLINGS/240 CM
- HEAD LIGHT 400-500 LUMENS SPARE
- BATTERY (ENERGIZER ULTIMATE LITHIUM)

BAG PACKS

- RUCKSACKS 35 L – 50 L
- DUFFLE BAG 90 L -120 L (2 PCS)
- WATER PROOF STUFF SACKS/DRY BAG - SMALL/ MEDIUM/ LARGE (2-3 PCS)

SUN STUFFS

- SUN CREAM (-50 SPF)
- LIP GUARD -30 TO -50 (SPF)
- SUN GLASSES (UV PROTECTION)
- GLACIERS GLASSES (ANTI-FOG, POLARIZED, UV PROTECTION)
- MOISTURIZER / LOTION

TOILETRIES (PERSONAL)

- HAND DISINFECTANT
- TOILET PAPER / WET TISSUE
- TOOTHPASTE, TOOTHBRUSH
- SOAP, SHAMPOO
- TOWEL
- GARBAGE BAG

EATING & DRINKING

- 1 LTR. WATER BOTTLE
- 1/ 1.5 LTR. THERMOS
- MUG, SPOON, FORK, BOWL (OPT.)

MEDICAL/FIRST AID

- BRUFEN / IBUPROFEN
- ANTIBIOTIC
- DIAMOX
- PARACETAMOL
- HANDY PLASTER, CRACK BANDAGE
- TINCTURE IODINE
- ONDEM
- CETIRIZINE
- ELECTROLYTE
- MINIL 10MG (PALPITATION, ANXIETY)
- CODOPAR (HEADACHE & CHEST PAIN)
- SALBETOL 4MG (BREATHLESS)
- AZITHROMYCIN 500MG (CHRONIC TONSILLITIS, FEVER, NOSE, THROAT INFECTION-MUST TAKE 5 DAYS)
- FLUPEN 250MG (PREVENT WOUND INFECTION)
- ALLEGRA 120/180MG (ALLERGIC TONSIL)

MISCELLANEOUS

- WALKING STICK/ TREKKING POLE
- POCKET KNIFE (SWISS)
- NAIL CUTTER
- UMBRELLA / RAIN COAT
- HOT WATER BAG
- PEE BOTTLE
- TENACIOUS TAPE REPAIR (DOWN JACKET/SLEEPING BAG REPAIR KITS)
- ALTIMETER WATCH
- SATELLITE PHONE WITH CREDIT (OPT.)
- GPS TRACKER (RECOMMENDED)
- POWER BANK
- CAMERA



ADD. SERVICES:

Additional Per Sherpa	\$ 6500.00	We will provide you with One Personal Sherpa during the entire expedition period (1 Member :1 Sherpa), this is included in the program price. However, if you would like to have another extra personal climbing Sherpa (A private 1 Member: 2 Sherpas), you may add to your program.
Extra Oxygen Per Bottle	\$ 500.00	We allocate enough O ₂ bottles, however, if you want to purchase extra bottles for extra safety.
Personal Dining Tent	\$ 1000.00	To avoid the pandemic scenario or if you are looking for a quiet and silent time at the base camp, you may request a separate dining and resting tent.
Single Room on Trek	\$ 500.00	Single room (Upgraded) during the entire trekking days (both ways).

INSURANCE:

There is a fine line between adventure and blatant risk. Mountaineering is an adventure trip that carries an intrinsic danger and the nature of travel implies things don't generally go according to the plan, which is the reason why we require every one of our clients to get acceptable and proper insurance.

Due to unanticipated reasons, for example, injury, family issues, work commitments, etc., clients may need to cancel their trip before the start or during the expedition. Considering these factors, it's better to be prepared for the possibilities.

As mentioned in the Terms and Conditions of Seven Summit Treks, the agency is exempt from being liable for different expenses that may occur in case of different emergencies or unforeseen situations. In addition to that, a foreigner isn't allowed to purchase insurance on Nepali soil. Both facts point out the

Please find the details about insurance before buying the policy [here](#).

requirement of a client to purchase an elaborate travel insurance plan in their place of origin that protects their interest in case of trip cancellation, helicopter evacuation, medical emergencies, other illnesses, lost luggage, theft, disasters, death, and so on.

You are free to pick your insurer however look for an arrangement that covers trip postponement and cancellation, rescue, and covers medical as well. Guarantee it doesn't have limitations on the height you will climb, prohibitions on the exercises you are embracing, or the places you will be visiting. Protect yourself with the right insurance so you can go on your expedition with peace of mind and focus more on your climbing.

Please make sure to send us a copy of your insurance policy before you start your expedition so that we can assist you in any case of an emergency.



BOOKING & PAYMENT PROCESS:

If you intend to embark on an adventure through Seven Summit Treks Pvt. Ltd. you are required to book a trip 3 months before the trip. A three months preparation period is necessary to ensure the maximum safety and satisfaction of the clients.

The client must dispense 30% of the total cost, at the time of booking. The advance amount will be used for the necessary booking of hotels, flights, guides, and porters and for receiving approval from governmental authorities. Another 30% of the total charge should be deposited one month before the flight to Nepal. The remaining 40% of the total charge should be paid after you arrive in Nepal, before the start of your adventure.

Name of the Bank	: HIMALAYAN BANK LTD.
Beneficiary Account Holder's Name	: Seven Summit Treks Pvt. Ltd
Beneficiary Account Number (USD \$)	: 01902853840022
Swift Code/BIC	: HIMANPKA
Address	: Thamel, Kathmandu, Nepal
Mobile	: +977 9851111187
Zip Code	: 44600
Email	: info@sevensummittreks.com

After depositing the booking amount to the company's account, we can confirm your registration for our expedition team. You can find all the information about gear lists, itineraries, travel routes, etc. that are required for your expedition on this website which will help you manage everything needed for your expedition.

Once you sign up for the expedition with SST - you will have a free consult with our expert team. We will provide information about personalized strategy, customization, progression planning, expert guidance and coaching, insight, and advice on how to accomplish your adventure goals.

Following the initial application process, you will then:

- Send us your passport copy - during booking.
- Send us a copy of your insurance policy- before your arrival.
- Send us your arrival/departure travel details- before your arrival.
- Send us a copy of your physician's report (verified by your doctor stating you are fit to join and exercise yourself at a higher altitude) before your arrival.

Please find the details about our payments, cancellation, and refund policies [here](#).



EXPEDITION ON THE WEB:

For expedition dates, and all the latest information

[Mt Annapurna I Expedition](#)

For all expedition inquiries and bookings

info@sevensummitstreks.com

FOLLOW US:

