High Route Adventure Pvt Ltd.

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1. Everest Annapurna Short Trek

2. Overview

Combine the best of two of the most popular trekking regions in Nepal. High Route adventures organize a unique Everest Annapurna short trek in Nepal! During the trek, you'll get some of the best views,…

3. Itinerary

Day 01: Arrival in Kathmandu

Altitude: 1,350m/4,499ft | Stay: Hotel

- Pick up and meet & greet at the airport
- Transfer to your hotel in Kathmandu
- Overnight stay at your hotel

Traveler's note: The airport is just a few minutes away from Thamel, the main touristic area of Kathmandu, where most of the hotels, souvenir shops, and restaurants are located. Try out the Nepalese MoMo, a traditional dumpling and a staple of Nepalese Cuisine!

Day 02: Drive to Pokhara

Altitude: 820m/2,734ft | Meals: Breakfast | Stay: Hotel

• Hotel breakfast + check out • Drive to Pokhara • Enjoy lunch at the Trishuli Riverside restaurant • Hotel Check-in • Rest of the day is free at leisure • Overnight stay at your hotel Traveler's note: Did you know that the route to Pokhara is mostly along the Trishuli River? Along the way, you can see the famous Manakamana Temple up high connected by cable cars. Once you arrive at Pokhara lookout for the iconic Mt Machhapuchhare (Fishtail Mountain) (6,999m/22,963ft), who can see it first? Pokhara has a wide selection of different restaurants spread around the banks of Phewa Lake.

Day 03: Drive to Nayapul + trek to Tikhedhunga

Altitude: 1,540m/5,053ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Hotel breakfast + check out • Pick up and drive to Nayapul • Arrive at Nayapul for TIMS check • Start to trek to Birethanti • Continue upwards towards Tikhedhungga • Dinner and stay overnight in the teahouse

Day 04: Trek to Ghorepani

Altitude: 2,860m/9,383ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Head upon the stone stairs of Ulleri • The trail leads through a pleasant rhododendron forest • After passing a small hut, providing water we head further following a stream • A little bit more up lies Ghorepani • Dinner and overnight stay in the teahouse Traveler's note: Did you know that from Bhantathi village you'll enter one of the largest rhododendron forests of Nepal. It's highly recommended by High Route Adventure to book this

trek during the spring season, as then the flowers will be in full bloom transforming the entire valley into a colorful picture.

Day 05: Early morning hike to Poon Hill (3,210m/10,532ft) + trek to Tadapani

Altitude: 2,590m/8,497ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Early wake up, about 4 AM • Hike up to Poon Hill • Enjoy the amazing sunrise over the Annapurna Mountains • Hike back down to Ghorepani for breakfast and departure • Start ascending until reaching the top of the hill at Deurali • The trail leads up and down until reaching Tadapani Village • Dinner and overnight stay in the teahouse Traveler's note: Did you know that from Poon Hill you can see some of the best views of, from right to left the Manaslu Massif, Annapurna Massif, and the Dhaulagiri Range. You can enjoy the sunrise with a nice hot cup of coffee or tea available at the kiosk.

Day 06: Trek back to Nayapul + drive back to Pokhara

Altitude: 820m/2,734ft | Meals: Breakfast/Lunch | Stay: Hotel

• Breakfast and departure • Follow the trail towards Ghandruk • Make your way back south to Nayapul • Drive back to Pokhara • Hotel check-in • Rest of the day is free at leisure • Overnight stay at your hotel Traveler's note: Did you know that in Ghandruk the biggest Gurung village of the area, you can visit a local Gurung museum.

Day 07: Drive back to Kathmandu

Altitude: 1350m/4,499ft | Meals: Breakfast/Dinner | Stay: Hotel

• Breakfast and check out • Transfer to the tourist bus park • Drive via tourist bus back to Kathmandu • Hotel check-in • Review of your trip • A complimentary farewell and thank you dinner is planned with a culture show • Overnight stay at your hotel Traveler's note: It is also possible to fly back to Kathmandu (at additional cost), this will give you more time to spend back in Kathmandu and prepare for the short Everest trek, as the flight just takes 25min, compared to the 6-hour bus ride.

Day 08: Fly to Lukla + trek to Phakding

Altitude: 2,780m/9,121ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast at the hotel • Transfer to the domestic airport • Scenic flight to Lukla • Final trek preparation and gear check • Start to trek to Phakding • Descend most of the way • Head along the Dudh Koshi River • Cross the River to reach Phakding village • Dinner and overnight stay in the teahouse Traveler's note: Did you know that Lukla airport is the world's 38th highest airport! The Dudh Khosi River meaning the Milk-Khosi River got its name due to its white water, and is one of the highest rivers in terms of elevation!

Day 09: Trek to Namche Bazaar

Altitude: 3,440m/11,287ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Continue along the Dudh Koshi River • Crossing a few times River, until reaching Monjo • Checking of all permits • Continue on mostly ascending towards Namche Bazaar • Dinner and overnight stay in the teahouse Traveler's note: Did you know that from Monjo you'll officially enter the Sagarmatha National Park? Before reaching Namche Bazaar a long suspension bridge needs to be crossed, that gives amazing views. On clear days you can get your first glimpses of Mt. Everest at the Nuptse-Lhotse Ridge!

Day 10: Hike to Everest View Hotel + visit the Khumjung Village, monastery, & Hillary School

Altitude: 3,440m/11,287ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast at the teahouse • Hike around the Khumjung region: • Hike up to the Everest View Hotel in Syanboche • Hike further to Khumjung, to visit the Khumjung Monastery • Explore around Namche Bazaar • Dinner and overnight stay in the teahouse Traveler's note: Did you know that Namche Bazaar is the last big village we'll encounter during the trek? Namche Bazaar is filled with restaurants, souvenir shops, pharmacies, and even a Sherpa Museum. Do try out the German Bakery! If you opt for the Khumjung hike, at the monastery you can see a real Yeti skull!

Day 11: Trek to the Tengboche Monastery

Altitude: 3,860m/12,664ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Make your way towards Khumjung • Follow the trail north to Tengboche • Dinner and overnight stay in the teahouse Traveler's note: Did you know the Tengboche Monastery is the biggest monastery of the entire Khumbu/Everest region. You'll get to see incredible architecture and Buddhist culture while visiting the Tengboche Monastery!

Day 12: Trek to Monjo

Altitude: 2,800m/9,186ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Make your way back to Namche Bazaar • Head back south towards Lukla's direction • Follow the same trail back to Monjo • Dinner and overnight stay in the teahouse Traveler's note: Did you know that while most of the trek is now descending, it can still be strenuous, so always make sure to go at a slow and comfortable pace!

Day 13: Trek back to Lukla

Altitude: 2,828m/9,279ft | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

• Breakfast and departure • Continue back mostly downhill to Phakding • Ascend back to Lukla • Dinner and overnight stay in the teahouse Traveler's note: Tomorrow is an early flight, so a goodnight's sleep is recommended!

Day 14: Fly back to Kathmandu

Altitude: 1350m/4,499ft | Meals: Breakfast | Stay: Hotel

• Breakfast at the guesthouse • Fly back to Kathmandu • Arrival at KTM + transfer to your hotel • Hotel check-in • Overnight stay at your hotel Traveler's note: As the trekking part of this package is finished, there is no dinner inclusive today, make sure to enjoy one of the many restaurants that can be found in Thamel!

Day 15: Leisure day at Kathmandu

Altitude: 1350m/4,499ft | Meals: Breakfast/Dinner

• Hotel Breakfast • Today is completely free • Meet up for your trip review • A complimentary farewell and thank you dinner is planned with a culture show • Overnight stay at your hotel Traveler's note: High Route Adventure is more than happy to organize some activities for you on this day, such as rafting, one-day hiking, day-tours, or guided sightseeing, please consult with our representative to organize.

Day 16: Departure

Meals: Breakfast

• Hotel Breakfast + Check-out • Our team will transfer you to the airport approx. 3hrs before departure • We hope you enjoyed the Annapurna + Everest short trek and look forward to organizing another trip for you

5. Cost Includes

- Airport-hotel-airport pick up & drop up by the private vehicle
- Four nights' accommodation with B/B plan at 3- star category hotel in Kathmandu
- Two nights' Accommodation in Pokhara, included Breakfast)
- Kathmandu to Pokhara to Kathmandu by tourist standard bus then by private vehicle to & from Nayapul
- Kathmandu to Lukla to Kathmandu flight
- All ground transport as per itinerary by Private vehicle.
- All standard meals during the trek (Breakfast/Lunch/Dinner)
- Teahouse/Lodge accommodation during the trek (Twin sharing room)
- Government lenience holder High Route Adventure experienced & qualified trekking guide(Leader) and Porter to carry trekkers luggage(2 trekkers: 1 porter)
- Included their(guide & porter) meals, insurance, salary, lodging, transportation, and equipment
- Annapurna conservation area project(ACAP) permit fee
- TIMS fee (Trekkers information management system)
- Sagarmatha national park permit & Rural municipality entrance fee
- Down jacket & four seasonal sleeping bags (down jacket and sleeping bag are to be returned after trip completion)
- High Route Adventure appreciation of certificate after over the successful trek
- A comprehensive medical kit
- All government and local taxes

6. Cost Excludes

- Nepalese visa fee
- Excess baggage charge(s) (If more the 15 kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, battery recharge, extra porters, bottle or boiled water, shower, Wi-Fi, etc.)
- Transportation by our private vehicle from Kathmandu to Pokhara to Kathmandu can an extra cost for round trips
- All kinds of cold drinks during the trek
- Tips for guide and porter

7. Equipment / Packing List