

Tent Peak Climbing in Nepal

Quick Facts

Duration:	18
Max Altitude:	5663
Best Season:	Sept - Nov & March - May
Group Size:	15
Accommodation:	4 Star/ Star Hotel, Tent and Tea House
Route:	Kathmandu to Kathmandu
Difficulty:	Challenging

Trip Overview

There are mountains you look at, and then there are mountains you climb. Tent Peak, rising to 5,663 meters (18,579 ft) above the Annapurna Sanctuary, belongs to that second category. Known locally as Tharpu Chuli, it earns its name from a summit so sharply pointed it resembles a tent when seen from Annapurna Base Camp. But what truly sets this peak apart isn't its shape, it's what standing on top of it feels like.

This is where trekking ends and mountaineering begins. Tent Peak is classified as a moderate Himalayan trekking peak, making it the ideal first summit for adventurers ready to move beyond trails and onto glaciers. No extreme technical skills required just fitness, determination, and the right team beside you.

The Journey: What to Expect?

Every great summit starts long before the climb. Your Tent Peak expedition begins in Pokhara, Nepal's lakeside gateway to the Annapurna region, and follows one of the most iconic trekking trails in the world.

Over the course of the approach, you'll pass through:

1. Rhododendron forests are a blaze with color in spring.
2. Gurung and Magar villages, where centuries-old culture still shapes daily life
3. Terraced hillsides and alpine meadows that gradually give way to raw glacial terrain



4. The Annapurna Sanctuary a dramatic natural amphitheater ringed by eight-thousanders

By the time you reach Annapurna Base Camp, you'll already have earned views of Annapurna I, Machapuchare, Hiunchuli, and Annapurna South peaks that most people only see in photos. Then the real adventure begins. The summit push involves snow slopes, glacier travel, and basic rope technique. You'll use crampons, an ice axe, and the guidance of an experienced climbing team. It's challenging. It's exhilarating. And when you reach the top, the panorama waiting for you is unlike anything you've ever seen.

Ready to turn this into your story? [Book Your Expedition Today](#)

Why Climb Tent Peak in the Annapurna Region?

Not all summit experiences are equal. Tent Peak offers a rare combination that very few mountains in the world can match.

It's a genuine climb, not just a high-altitude hike. You'll use real mountaineering equipment, navigate glacial terrain, and develop skills that open the door to bigger peaks in the future.

The approach alone is world-class. The Annapurna Base Camp trail is one of the most celebrated treks on earth. With Tent Peak, you get the full ABC experience plus a summit and two adventures for the price of one.

The views are among the finest in the Himalayas. Standing at 5,663 meters, surrounded by some of the tallest peaks on the planet, is something that changes you. The Annapurna massif, Machapuchare's sacred spire, Hiunchuli's ridgeline, all of it, right there.

It's the perfect stepping stone. Many climbers use Tent Peak as preparation for higher objectives like Island Peak, Mera Peak, or even Himalayan 6000m+ peaks. Summit it once, and the mountains never look the same again.

Why Choose Summit 8000 for Your Tent Peak Expedition?

Choosing the right partner for a Himalayan climb isn't just about convenience; it's a safety decision.

At Summit 8000 Adventure, we've built our reputation on exactly this kind of expedition. Here's what sets us apart:

- Experienced, certified guides trained in high-altitude mountaineering, glacier travel, and emergency response, people who know this mountain in every season and condition
- Seamless logistics, we handle all permits (NMA climbing permit, ACAP, TIMS), equipment, accommodation, and transportation, so you arrive ready to climb
- Small group ratios that ensure personal attention and faster decision-making on the mountain
- Transparent, all-inclusive pricing with no hidden costs
- A track record of successful summits and safe descents in the Annapurna region

Your guide isn't just a navigator, they're your partner from Pokhara to the summit and back. When conditions shift at altitude, experience is everything.

[Meet Our Team and Read Climber Reviews](#)

Permits and Licensing: What You Need?

Climbing Tent Peak requires three official documents:



1. Tent Peak Climbing Permit issued by the Nepal Mountaineering Association (NMA)
2. Annapurna Conservation Area Permit (ACAP) required to enter the protected sanctuary
3. TIMS Card (Trekker's Information Management System) standard trekking registration

A licensed climbing guide is also mandatory, and beyond the legal requirement, it's simply the smartest decision you can make. Your guide manages route-finding, assesses conditions, and provides technical support during the summit push.

Summit 8000 handles all permit applications and guide assignments as part of your expedition package. You show up ready to climb, we handle the paperwork.

The Summit Expedition: Day by Day

After acclimatizing at Annapurna Base Camp (4,130m), the climbing phase begins.

- **Tent Peak Base Camp (4,500m):** Your staging ground. Gear checks, final acclimatization, weather briefings.
- **High Camp (5,000m):** A smaller camp positioned for an early summit push. The Himalayas reward those who rise before dawn.
- **Summit Day:** Crampons on. Ropes clipped. Snow and ice underfoot. The world falls away as you climb toward the ridgeline. At 5,663 meters, with Annapurna I, Annapurna South, Machapuchare, and the full Annapurna Range spread around you in every direction this is the moment that makes every step of the journey worth it.

The descent is careful and methodical. By the time you return to base camp, you're no longer just a trekker. You're a Himalayan climber.

ABC Trek + Tent Peak: The Ultimate Nepal Adventure

For those who want the complete experience, combining the Annapurna Base Camp Trek with the Tent Peak summit is the definitive Nepal adventure package.

You start as a trekker walking through tea-house villages, crossing suspension bridges over glacial rivers, gaining altitude through one of the world's most scenic valleys. You finish as a climber standing on a Himalayan summit with a story that few people ever get to tell.

This combination is ideal for:

- Experienced trekkers ready to take the next step into mountaineering
- Climbers are building confidence before tackling higher peaks.
- Anyone who wants to make their Nepal trip truly unforgettable

There's no better way to experience the Annapurna region in full.

[Start Planning Your Expedition Contact Us Today](#)

Detailed Itinerary

Day 1: Arrival in Kathmandu



Welcome to Nepal! Upon landing at Tribhuvan International Airport, you will be warmly greeted by a Summit 8000 representative and transferred to your hotel in the heart of Kathmandu. After freshening up, the remainder of the day is free to explore the vibrant streets of Thamel the lively tourist hub lined with trekking shops, local restaurants, and colorful bazaars. You may also visit a nearby temple or stupa. Your expedition leader will conduct a pre-trip briefing in the evening to review the itinerary, distribute permits, confirm climbing gear, and answer any questions. A welcome dinner with the team rounds off the evening.

Accommodation: 1400

Meals: Welcome Dinner

Day 2: Drive to Pokhara

After an early breakfast, board the tourist bus for the scenic overland journey from Kathmandu to Pokhara, Nepal's adventure capital. The route winds through the mid-hills, offering rolling green landscapes, terraced fields, and glimpses of distant snow-capped peaks on a clear day. Arrive in Pokhara by early evening and check in to your lakeside hotel. Spend the evening strolling along Phewa Lake, savoring fresh Nepali cuisine, or browsing the lively Lakeside bazaar. Pokhara serves as the perfect gateway to the Annapurna region and offers one of the most spectacular mountain panoramas in Nepal look out for the distinctive fishtail silhouette of Machapuchare (6,993 m) dominating the skyline.

Accommodation: 820

Meals: Breakfast

Day 3: Drive to Tikhedunga & Trek to Ulleri

An early morning departure from Pokhara by private vehicle takes you east along the Pokhara-Baglung Highway and then off-road toward the village of Tikhedunga. The drive itself is a scenic adventure, passing through Nayapul and local Gurung villages before reaching the official trailhead. The afternoon trek from Tikhedunga to Ulleri is short but characterful the highlight is a famous stone staircase of approximately 3,000 steps that winds steeply uphill through dense forest and past cascading streams. Though demanding, this ascent offers a rewarding warm-up for the days ahead and stunning views behind you across the Modi Khola valley. Ulleri is a traditional Magar village perched on a hillside with sweeping views of Annapurna South and Hiunchuli on a clear evening.

Accommodation: 2070

Meals: Breakfast

Day 4: Trek to Ghorepani

Today's trail leads through one of the most beautiful sections of the Annapurna trekking route. The path climbs steadily through magnificent rhododendron and oak forests in spring (March-April), these forests explode in brilliant reds and pinks, creating a mesmerizing natural tunnel overhead. Pass through the villages of Banthanti and Nangethanti, where you can pause at local tea houses to sip warm masala tea and enjoy valley views. The gradient is



consistent but manageable, offering a solid conditioning day for the legs. Ghorepani is a popular overnight stop perched at the edge of the ridge, offering stunning views of the Dhaulagiri and Annapurna ranges. On arrival, enjoy a hot meal and early rest tomorrow requires a pre-dawn start.

Accommodation: 2840

Meals: B, L, & D

Day 5: Poon Hill Sunrise & Trek to Tadapani

Rise before dawn (around 4:30–5:00 AM) and make the 45-minute ascent to Poon Hill viewpoint one of the most celebrated sunrise spots in the Himalayas. As the first golden light touches the peaks, you'll be rewarded with a breathtaking 180-degree panorama of Dhaulagiri (8,167 m), Annapurna I (8,091 m), Annapurna South, Hiunchuli, Nilgiri, and the iconic Machapuchare (Fishtail Peak). This is a truly unmissable Himalayan moment. Return to Ghorepani for breakfast, then descend into the Banthanti valley and re-climb through forest toward Tadapani. This section of trail is less-traveled and rewards walkers with solitude, bird song, and occasional views of Annapurna South towering ahead. Tadapani is a small ridge-top hamlet known for its dramatic sunset views of the Annapurna massif.

Accommodation: 3210

Meals: B, L, & D

Day 6: Trek to Chomrong

The trail descends steeply from Tadapani through dense forest before crossing the Kimrong Khola river at the valley bottom. A sharp re-ascent on the opposite bank leads up to Chomrong, the last major village before entering the restricted Annapurna Sanctuary. Chomrong is a large, well-established Gurung village with fantastic views of Annapurna South and Hiunchuli. The village marks an important milestone in the trek permits are checked here before trekkers proceed further into the sanctuary. Use the afternoon to rest, launder gear, stock up on any last supplies, and enjoy a cold drink with Himalayan views. A good night's sleep here is valuable before the remoter sections ahead.

Accommodation: 2140

Meals: B, L, & D

Day 7: Trek to Dovan

Today's trail descends from Chomrong to the Chhomrong Khola river via a long stone staircase, then climbs again through the forest villages of Sinuwa and Bamboo before reaching Dovan. The route begins to feel increasingly dramatic as the valley narrows and the walls of the Modi Khola gorge rise steeply on both sides. Bamboo (2,335 m) is a key rest point mid-route stop here for lunch among the giant bamboo groves. Beyond Bamboo, the trail enters the inner gorge and the vegetation becomes lush and more exotic, with towering rhododendron trees and moss-covered boulders. Dovan sits deep within the gorge and feels wonderfully remote. Accommodation here is simple but comfortable, and the sound of the Modi Khola river provides a natural soundtrack for the night. Note: The path may



be slippery in wet conditions; trekking poles are recommended.

Accommodation: 2600

Meals: B, L, & D

Day 8: Trek to Deurali

From Dovan, the trail continues deeper into the gorge, gaining altitude steadily through Himalayan and Machhapuchhre Base Camp (MBC) at 3,700 m. MBC is a popular lunch stop and offers the first truly dramatic views of the Annapurna Sanctuary peaks Machapuchhare's iconic twin summits loom directly overhead. The final stretch to Deurali involves a short but steep climb. As you gain altitude, you begin to leave the treeline behind and enter an alpine world of rock, ice, and sky. On clear days, the encircling walls of the sanctuary become visible in their entirety. Altitude awareness begins here. Monitor yourself for symptoms of Acute Mountain Sickness (AMS): headache, nausea, dizziness, or disturbed sleep. Stay well hydrated and inform your guide immediately if you feel unwell.

Accommodation: 3230

Meals: B, L, & D

Day 9: Trek to Annapurna Base Camp

Today is one of the most memorable days of the entire expedition. From Deurali, the trail emerges from the gorge into the legendary Annapurna Sanctuary a high glacial amphitheater completely encircled by 7,000 and 8,000-metre peaks. The scale is overwhelming and humbling. The final 3-4 hours of trail cross open moraine slopes with unobstructed, 360-degree views of Annapurna I (8,091 m), Annapurna South (7,219 m), Annapurna III (7,555 m), Gangapurna (7,455 m), Hiunchuli (6,441 m), and the unmistakable twin peaks of Machapuchare (6,993 m). Annapurna Base Camp (ABC) sits at the heart of this natural amphitheater. This is the highest point of the classic ABC trek take time to absorb the atmosphere, photograph the surroundings, and acclimatize before tomorrow's move to Tent Peak Base Camp.

Accommodation: 4130

Meals: B, L, & D

Day 10: Trek to Tent Peak Base Camp

Leaving the guesthouses of ABC behind, today marks your transition from trekker to climber. The route from ABC to Tent Peak Base Camp leads across glacial moraines and rocky terrain, gradually ascending to the base of the mountain. Upon arrival, the expedition team will set up your tented camp and deliver a full equipment briefing. Your guide will check and distribute all climbing gear: crampons, harness, helmet, ice axe, ropes, gaiters, and high-altitude clothing layers. Practice fitting and adjusting all equipment under guidance. The afternoon provides time to acclimatize, rest, and mentally prepare for the climb ahead. A detailed summit briefing will cover the route, safety protocols, turnaround times, and weather forecasting. Good acclimatization at this altitude is critical to your summit success.

Accommodation: 4400



Meals: B, L, & D

Day 11: Trek to High Camp

A shorter but demanding day climbing steeply from Base Camp to High Camp. The trail gains approximately 600 metres of altitude over 3–4 hours, crossing snow slopes and rocky ridges. Crampons and rope may be required depending on snow conditions your guide will advise on the day. High Camp is a small, exposed ledge cut into the upper mountainside. The views from here are extraordinary the entire Annapurna Sanctuary spreads out far below, and the summit of Tent Peak is clearly visible above. The scale of the surroundings provides powerful motivation. The afternoon is reserved for complete rest. Eat well, drink at least 3–4 litres of water, and limit physical activity. Your guide will deliver a final summit briefing including the wake-up time (typically midnight to 1:00 AM), route description, and contingency plans.

Accommodation: 5000

Meals: B, L, & D

Day 12: Summit Day – Tent Peak

SUMMIT DAY. Wake up at midnight to 1:00 AM for final gear checks, a hot breakfast, and pre-climb preparations. Depart High Camp under headlamp in the pre-dawn darkness, roped up and equipped. The summit route climbs steeply through snow and ice on the upper face of Tent Peak. Climbers will use crampons, ice axe, and fixed ropes where required, ascending with the full support of your experienced climbing guide. The pace is steady and controlled this is not a race, but a disciplined, safe ascent. The summit of Tharpu Chuli (5,695 m) offers one of the most dramatic panoramas in the Annapurna region. On a clear morning, the dawn light illuminates Annapurna I, Annapurna South, Gangapurna, Machapuchare, and dozens of other peaks in an awe-inspiring spectacle. Savor this hard-earned moment. Descend carefully using the same route, returning to High Camp by mid-morning and continuing all the way down to Base Camp for lunch and a well-deserved rest. The descent from High Camp to Base Camp takes approximately 3–4 hours.

Accommodation: 5663

Meals: B, L, & D

Day 13: Trek to Deurali

After the exertions of summit day, today begins a long and satisfying descent back through the Annapurna Sanctuary toward Deurali. The route reverses the approach trail, passing back through ABC, across the moraine, and down through the Modi Khola gorge. Despite tired legs, the descent is deeply rewarding. The peaks that loomed ahead on the way up now flank your retreat, and the views remain spectacular until you drop back below the treeline at Deurali. Altitude loss brings a notable increase in oxygen and energy. Many climbers find the descent exhilarating, experiencing a tangible sense of relief and achievement after the summit push.

Accommodation: 3230

Meals: B, L, & D



Day 14: Trek to Chomrong

Continue the descent from Deurali through the inner gorge, passing back through the bamboo forest and the riverside village of Bamboo before re-climbing to Chomrong via the Sinuwa ridge. The return journey through this section feels familiar, but the perspective is different you are now a summit climber returning from the mountain. Chomrong's guesthouses offer welcome hot showers, cold drinks, and the comforts of civilization. Celebrate your summit success with fellow trekkers, share stories over dinner, and reflect on the achievement. This is also a good opportunity to sort equipment, pack away climbing gear, and transfer unnecessary weight to porter loads for the final days of trekking.

Accommodation: 2140

Meals: B, L, & D

Day 15: Trek to Ghandruk

The final full day of trekking leads from Chomrong to Ghandruk, one of the most beautiful and culturally rich villages in the Annapurna region. The trail crosses the Chomrong Khola river, climbs back to the Kimrong ridge, and then makes a long, gradual descent through rhododendron and oak forests. Ghandruk is a large, traditional Gurung village famous for its stone-paved paths, traditional architecture, and vibrant local culture. The Gurung people are among Nepal's most celebrated high-altitude ethnic groups and many Gurkha soldiers hail from this region. Visit the Gurung Museum and Cultural Centre if time permits, explore the village's traditional alleyways, and enjoy a panoramic dinner view of Annapurna South, Hiunchuli, and Machapuchare a fitting farewell to the Annapurna giants.

Accommodation: 1940

Meals: B, L, & D

Day 16: Drive to Pokhara

A private vehicle awaits at Siwai (Lower Ghandruk) for the scenic drive back to Pokhara. The road winds through the lower Annapurna foothills, crossing river valleys and passing through small market towns before arriving at the lakeside city. Check into your hotel, freshen up with a long-awaited hot shower, and spend the afternoon at leisure. Pokhara offers excellent options for a celebratory evening: rooftop restaurants overlooking Phewa Lake, live music venues, and the lively Lakeside strip. A summit celebration dinner is arranged for the team to mark the successful completion of the Tent Peak expedition. This is a great opportunity to share memories, review photos, and toast the achievement.

Accommodation: 820

Meals: Breakfast

Day 17: Drive to Kathmandu

A morning departure from Pokhara by tourist bus for the return journey to Kathmandu. The drive follows the Prithvi Highway through the scenic river valleys and forested hills of the mid-hills region. Arrive in Kathmandu by early



evening. Transfer to your hotel in Thamel for a final night in Nepal's capital. Use the evening to explore Thamel's lively shops and restaurants, purchase any last-minute souvenirs, or simply relax after the expedition. If time permits, a visit to the iconic Boudhanath Stupa a UNESCO World Heritage Site is highly recommended for a serene evening experience.

Accommodation: 1400

Meals: B, L, & D

Day 18: Final Departure

Your Tent Peak expedition comes to a close. After breakfast, pack your bags and check out of the hotel. A Summit 8000 representative will transfer you to Tribhuvan International Airport in plenty of time for your international flight. We hope the memories of the Annapurna Sanctuary, the camaraderie of the team, and the extraordinary achievement of standing on the summit of Tharpu Chuli stay with you for a lifetime. Safe travels, and we hope to welcome you back to Nepal for your next Himalayan adventure. Namaste!

Gears Lists

Clothing

Base Layers

- Moisture-wicking thermal tops (2-3)
- Thermal bottoms (2 pairs)
- Quick-dry trekking shirts (2-3)
- Sports bra (for women)

Insulation Layers

- Fleece jacket or fleece pullover
- Lightweight down jacket
- Heavy expedition down jacket (for summit day)



Outer Shell

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

Trekking Clothes

- Trekking pants (2 pairs)
 - Lightweight shorts
 - Comfortable t-shirts
-

Headwear

- Warm wool hat / beanie
 - Sun hat or cap
 - Balaclava or buff
 - Neck gaiter
-

Handwear

- Lightweight liner gloves
 - Insulated climbing gloves
 - Waterproof outer gloves or mittens
-

Footwear

- Trekking boots (well broken-in)
 - Mountaineering boots (double boots recommended)
 - Camp shoes or sandals
 - Warm wool socks (4-5 pairs)
-



- Liner socks

Climbing Equipment

- Climbing harness
- Helmet
- Ice axe
- Crampons
- Ascender / Jumars
- Belay device
- Locking and non-locking carabiners
- Prusik loops
- Climbing slings
- Mountaineering rope (usually provided by guides)

Bags and Storage

- 60-70L trekking backpack
- 30-40L summit day pack
- Waterproof duffel bag
- Dry bags or packing sacks
- Rain cover for backpack

Sleeping Gear

- Sleeping bag rated to -15°C to -20°C
- Sleeping bag liner
- Inflatable sleeping mat (optional)

Personal Essentials

- Sunglasses (UV protection, category 4 recommended)



- Headlamp with extra batteries
- Reusable water bottles (2 liters)
- Thermos flask
- Trekking poles
- Sunscreen SPF 50+
- Lip balm with SPF
- Wet wipes / tissue
- Quick-dry towel

Toiletries

- Toothbrush and toothpaste
- Hand sanitizer
- Soap or biodegradable body wash
- Moisturizer
- Nail clipper

Medical and First Aid

- Personal medications
- Diamox (for altitude sickness, if recommended by doctor)
- Pain relievers
- Blister treatment
- Band-aids and antiseptic cream
- Electrolyte powder

Electronics

- Phone
- Camera
- Power bank
- Charging cables
- Universal adapter



Documents

- Passport
- Travel insurance (covering mountaineering)
- Climbing permits
- Passport copies
- Passport photos

Cost Includes

- 1.** All arrival and departure airport transfers in Kathmandu by private vehicle throughout the expedition.
- 2.** 2 nights' accommodation in Kathmandu (Day 1 and Day 17) in a comfortable 4-star hotel on a twin-sharing bed & breakfast basis.
- 3.** 2 nights' accommodation in Pokhara (Day 2 and Day 16) in a comfortable 4-star lakeside hotel on a twin-sharing bed & breakfast basis.
- 4.** All guesthouse/teahouse accommodation during the trekking section (Days 3–11 ascent, Days 13–15 descent) on a twin-sharing basis.
- 5.** Full tented camp setup at Tent Peak Base Camp and High Camp including quality mountaineering tents, sleeping mats, and mess tent.
- 6.** Full board meals (breakfast, lunch, and dinner) throughout the trekking and climbing portion of the expedition (Days 3–16).
- 7.** Tourist bus transportation both ways between Kathmandu and Pokhara
- 8.** Private vehicle transfers from Pokhara to Tikhedunga and from Lower Ghandruk/Siwai to Pokhara
- 9.** Column 2 Column 3 Climbing Permit Tent Peak (Tharpu Chuli) climbing permit issued by the Nepal Mountaineering Association (NMA) all government fees included.
- 10.** Annapurna Conservation Area Permit (ACAP) for all trekkers and climbing staff.
- 11.** Trekkers' Information Management System (TIMS) registration card for all team members.
- 12.** One fully licensed, English-speaking, NMA-certified climbing guide per group of 1–4 climbers for the summit section.
- 13.** One experienced English-speaking senior trekking guide for the full duration of the trek and expedition.
- 14.** One porter per two climbers for luggage support throughout the trek (maximum 20 kg per porter load).
- 15.** All wages, food, accommodation, insurance, and equipment costs for Summit 8000 guides, climbing guides, cooks, and porters.
- 16.** A dedicated expedition cook at Base Camp and High Camp providing hot meals and beverages around the clock.
- 17.** Group climbing gear including fixed ropes, ice screws, snow anchors, a first aid kit, and an emergency oxygen kit at Base Camp.
- 18.** Welcome dinner in Kathmandu (Day 1) and summit celebration dinner in Pokhara (Day 16).
- 19.** Comprehensive pre-expedition briefing in Kathmandu covering route, safety, gear, and permits.
- 20.** Official Summit 8000 summit certificate upon successful completion of the expedition.



Cost Excludes

- 1.** International airfare to and from Kathmandu (TIA) is not included. Climbers are responsible for booking their own flights.
- 2.** Nepal tourist visa fee (approximately USD 30 for 15 days, USD 50 for 30 days). Visas are available on arrival at Tribhuvan International Airport.
- 3.** Comprehensive travel insurance including helicopter rescue and high-altitude medical evacuation coverage is mandatory but not included. This is non-negotiable for all climbers.
- 4.** Personal mountaineering equipment including crampons, ice axe, harness, helmet, high-altitude boots, gaiters, down jacket, and sleeping bag rated to -20°C or lower.
- 5.** Personal sleeping bag (rated -20°C or below) and sleeping mat/liner for tented camp nights.
- 6.** Any additional nights in Kathmandu or Pokhara outside the itinerary due to early arrival, late departure, or personal choice.
- 7.** Hot drinks (tea, coffee), bottled water, soft drinks, alcoholic beverages, and snacks purchased at teahouses along the trekking route.
- 8.** Tipping for guides, porters, cooks, and support staff is not included. Tips are customary and greatly appreciated by the local team.
- 9.** Laundry, phone calls, internet, battery charging fees, hot showers at teahouses, and any other personal spending.
- 10.** Diamox (acetazolamide) and any other altitude-related medications. Consult your physician before departure.
- 11.** Costs of helicopter rescue or emergency medical evacuation in case of illness or injury (covered by your mandatory travel insurance).
- 12.** Lunches and dinners in Kathmandu (Days 1, 17, 18) and Pokhara (Day 2) are not included unless specifically mentioned in the itinerary.
- 13.** Porters carry group expedition equipment. If you require a dedicated personal porter for your trekking daypack, this can be arranged at an additional cost.
- 14.** Any special photography or drone permit fees required in the Annapurna Conservation Area.
- 15.** Any services, transport, accommodation, meals, permits, or activities not explicitly mentioned in the Cost Includes section above.

