

Annapurna Base Camp Budget Trek 8 Days

Trip code	HH-ABC-BG-08
Package name	Annapurna Base Camp Budget Trek 8 Days
Duration	8
Max. elevation	4200 m
Level	MODERATE
Transportation	All Ground
Accommodation	Tourist Standard Hotel in Ktm. and Pokhara and available lodge en route
Starts at	Kathmandu
Ends at	Kathmandu
Trip route	Kathmandu- Pokhara- Jhino Danda- Sinuwa-MBC- ABC- Pokhara- Kathmandu
Cost	USD 590 per person

Highlights

- An Adventure to ABC (Annapurna Base Camp) 4160 m with low budget
- Save some money during your Annapurna Base Camp Trek
- A challenging trip to ABC to the luxury seekers with the same taste and experience
- Celebrate excellent views of Annapurna South and Machhapuchhre
- Enjoy experiencing diverse species of flora and fauna in Annapurna Conservation Area
- Traverse through melodious natural water fall, deep woods, picturesque landscapes and classical local settlements
- Enjoy local food items and accommodation
- Explore beautiful Pokhara city

Overview

“Celebrate your Adventure Trip to Annapurna Base Camp with fewer Budgets and enjoy the views of Annapurna and Machhapuchhre”

8 days Annapurna Budget Trek is for budget-seeking trekkers who want to enjoy the same trekking trip with low budget. Trekking trips are not only about the budget but also the experience you have

and the way you feel about the trip.

Those people who want to avoid the toxic luxuries of life during their Annapurna Base Camp Trek find this Annapurna Budget Trek very rewarding and cost-saving as well. There is no luxury Annapurna Base Camp Trek which the trekking companies claim because all the accommodations they offer their clients are the same that is local lodge accommodations run by local people. So, how can people offer luxury accommodation to the trekkers during their Annapurna Base Camp Trek? This is a fraud.

However, people can enjoy luxury accommodations in Kathmandu and Pokhara before and after the Annapurna Base Camp Trek that is the thing that only differs. So, it's far better to go with Annapurna Budget Trek than other kinds of so-called luxury trek wasting time and money that can be used to buy all the required trekking equipment for your Annapurna Base Camp Trek.

Annapurna Budget Trek is not completely different from another normal or luxury trekking trip to Annapurna Base Camp, but the only difference is the accommodation in Kathmandu and Pokhara that help the trekkers save some money which you can use for other purposes. But, also in Pokhara and Kathmandu, the trekkers will get the tourist standard hotel in their Annapurna Budget Trek.

8 days Annapurna Budget Trek commences from Kathmandu with a drive or flight to Pokhara. After arriving at Pokhara, we further drive to Jhino Danda (1700m) and trek to Sinuwa(2340m) via Chhomrong. Further, the trek takes the trekkers to Deurali via Bamboo, Dovan and Himalaya. Penultimately, the Annapurna Base Camp Budget Trek allows you to trek to Machhapuchhre Base Camp (3700m) and finally to Annapurna Base Camp (4160m). From Annapurna Base Camp, you can witness giant Annapurna South and all surrounding peaks including alluring Machhapuchhre. Also, the Annapurna Budget Trek lets you acknowledge the diverse species of flora and fauna in the Annapurna Protected Area, the largest protected area of the world with natural waterfalls, winding rivers, deep woods and picturesque local settlements. If you need to know about the other beautiful region. [manaslu-circuit-trek-a-complete](#)

Traversing through cool and shaded trails befriending with wild nature of the Annapurna region, sharing things with local people, accommodation with local lodges and enjoying local food items which are fresh and well-cooked will be marvellous experiences during the Annapurna Budget Trek. You can also, enjoy the major highlights of Pokhara city like Davis Fall, Gupteswor Mahadev Cave, Phewa Lake, World Peace Stupa and Pumdikot Shiva Statue with mesmerizing Ganesh Himal, Manaslu, Annapurna and Dhaulagiri as a part of Annapurna Base Camp Budget Trek.

What are the required permits for Annapurna Base Camp Trek?

The trek route requires two different types of permits. These are the Annapurna Conservation Area Entry Permit and TIMS (Trekking Information Management System) Card. The TIMS Card costs USD 20 and ACAP Entry Permits costs USD 30. You can obtain these two Annapurna Base Camp Trek Permits through your local travel partner you are using for your Nepal trip or you can collect them directly. Simply provide your travel partner with a copy of your passport and some recent photographs, and they will get the permits for you.

How difficult is Annapurna Base Camp Trek?

It is a moderate adventure up to 4160 m above sea level, the highest elevation of Annapurna Base

Camp Trek. So, even beginners with some skills and moderate stamina trekking can accomplish this trek. However, one requires a good level of fitness and proper preparations like regular walks and exercises on daily basis.

Having packed with the right trekking gear and with a good level of fitness, you can do this trek without any hindrances on the trail to ABC and back to Pokhara.

There is no age bar for Annapurna Base Camp Trek and even beginners and people of old age like 70 can do this trek with the right pacing and acclimatization but need to be accompanied by a professional trekking crew.

Those who have 6-7 hours walking stamina with the ascent 400-500 meters each day in the mountain, getting the highest elevation 4160 m can do this trek.

Annapurna Base Camp Trek Food and Accommodation

Untill Pokhara, trekkers will enjoy luxury accommodation and they can have the food items they like. But, when they ascend up to Ulleri and Poonhill-Ghorepani, if people are going to ABC via Poonhill and Ghorepani, or when they ascend up to Jhino Danda, they may not have such chance to have the accommodation and food items. However, don't be sad, there are plenty of lodges and guesthouses to organize your accommodation and foods. Moreover, your guide will manage your beautiful food and accommodation for you during the trek. The local guesthouses and the lodges will offer you food item with certain criteria with prices mentioned in the menu during your 8 days Annapurna Base Camp Trek.

Note: Sometimes, it may be difficult to find the right accommodation during two peak trekking seasons in Nepal: Autumn(Sep-Nov) and Spring (Mar-May). Please don't blame your guide for not getting right accommodation and foods for you in your 8 days Annapurna Base Camp Trek if you are making this trek in the months of Sept, Oct and Nov of the year. Sometimes, you should be willing to pay some extra for your accommodation as it is very hard to get.

Annapurna Base Camp Trek Transportation

If you are starting Annapurna Base Camp Trek from Kathmandu, you will have two options: air and land and if you are starting it from Pokhara, then, you have only one choice that is land transportation or drive to Jhino Danda or drive to Ulleri via Birethanti if you are going to ABC via Poonhill. The flight from Kathmandu to Pokhara is 40 minutes maximum and the road trip is 7-8 hours. Even, the road gets disturbed by heavy traffic and other issues. So, flight is recommended.

Trip Itinerary

Day 1 : Arrive in Kathmandu Nepal (1338 m) and transfer to the hotel by private vehicle.

After you land in Kathmandu, our staff will attend you at the airport. They will bring you to the hotel in a private van or car. You will refresh and enjoy short walks on the streets while our staff prepares for the trek. You will have dinner and spend the night in Kathmandu.

Optional Itinerary: If arrive earlier in the afternoon or a few days earlier, you can do some other

UNESCO World Heritage Sites tours in Kathmandu Valley or a short day/day hiking around/near Kathmandu Valley. If you want us to set up an itinerary for you, contact us.

Day 2 : Drive to Pokhara 860 m. 6 hour drive covering 220 km / 137 miles.

Morning with pack breakfast, get ready to go Tourist Bus park for overland journey to Pokhara. An exciting drive about normally 6 to 7 hours if it is not Traffic jam following the main Nepal busy highway, the drive leads along Trisuli River. One of the most popular river for rafting adventure, the drive then diverts towards west to reach Pokhara city. Along the drive one can experience the rural farm life with grand views of snow-capped peaks. Slowly the drive ends on reaching Pokhara by the lovely Phewa Lake side, where all good hotels are located. After checking into a nice rooms, having time to browse around the Phewa Lake side.

(Optional: Optional: From Kathmandu to Pokhara, a scenic flight of 30 minutes)

Day 3 : Jeep Drive to Jhinu Danda(1700m) and then trek to Sinuwa (2340 m | 7,677 ft.),6 hours.

After you have breakfast in Pokhara hotel, the jeep will transfer to Jhinu Danda near the suspension bridge via Naudanda, Lumle, Nayapool and Birethanti. It will take 2-3 hours to get the base of Jhinu Danda by four-wheel jeep. On the way, you will see beautiful Modi river and local settlements along with alluring mountain peaks along the trail.

You will have your lunch at Jhinu Danda and walk up to Chhomrong village and walk further Sinuwa. On this section of walk, you will feel a bit strenuous to walk the steep uphill of Jhinu Danda till you get the top of the hill and then walk down to the riverside. You will cross the suspension bridge and walk up to Sinuwa. Stay overnight at lodge.

Day 4 : Trek to Deurali 3, 230 m / 10597 feet-04 hrs

Initially, you will pass Bamboo, Dovan and Himalaya before you ascend up to Deurali. As the walk continues through dense vegetation and tree lines to reach Himalayas via Bamboo and Dovan.

Himalaya, a settlement with 2-3 lodges, is located right beneath Annapurna South and Huin-Chuli peaks. A short walk with gentle ascend we get a large overhanging cave called Hinku Cave. After the Hinku Cave trail downhill close to Modi River with short climb reaching a plateau, where Deurali is located.

Deurali stands above 3,200 m high, a nice place for half day rest to enjoy the surrounding views. From here the tree lines drop for short foliage and bushes, Deurali places at the bottom of Huin-Chuli peak.

Enjoy the lunch with leisure afternoon for short walks around this lovely areas close to raging Modi River along with some mountain peaks.

Day 5 : Trek to Annapurna Base Camp 4,130 m via Machhapuchare Base Camp 3,720 m -06 hrs.

Today's walk takes you to our main goal and highlight, start the morning heading up following the river upstream. A steep climb in some sections on a grassy path, as walk climb on stone steps to MBC (Machhapuchare Base Camp).MBC stands high beneath the towering North Face of Machhapuchare Himal the famous Fish Tail peak. MBC with few good simple lodges and restaurants, enjoy lunch facing views of Machhapuchare, Huin Chuli, and Annapurna South.

From MBC enjoy grand views of Annapurna-I towards west, after lunch a short climb to enter the picturesque Annapurna Sanctuary. Walk on easy gradual uphill trail to reach a Welcome Sign Post of Annapurna Base Camp. Then climb to a grassy plateau, where Annapurna Base Camp is located with number of guest houses and lodge. An exciting and glorious place to enjoy the day at Annapurna Base Camp, sits on the laps of staggering ice and snow-wall of Annapurna-I.

Day 6 : Trek back to Sinuwa 2340 m | 7,677 ft. m - 06 hrs.

Morning bidding farewell to Annapurna Base Camp. A long day walk but much easier on downhill with few short ups after Bamboo, The walk follows past MBC to Deurali, from Deurali a slow climb and Hinko Cave and heading to Himalaya. As walk continues reaching the dense tree lines arriving at Dovan and then down to Bamboo and finally to Sinuwa for overnight halt.

Enjoy the dish you like and spend a quality of time with local people.

Day 7 : Trek back to Jhinu-Danda a place with hot spring 1, 700 m - 06 hrs and drive back to Pokhara

After a pleasant overnight stop at Sinuwa with the cool air, morning a short descent to Lower Sinuwa. The trail follows through enchanting woodland and local settlements down to Chomrong Khola / stream. On crossing a bridge a steep climb on steps to Chhomrong for lunch or you can directly go to Jhino Danda for lunch.

Afternoon\evening an easy walk downhill to Jhinu Danda village for overnight. At Jhinu visit and enjoy a dip in the natural hot springs close to the village downhill by the Modi River, where pools of natural hot-spring is situated.

After you stay for an hour at Jhino Danda with a natural hot spring, you will feel refreshed with new energy. And, finally, you will drive back to Pokhara for overnight stay at hotel.

Day 8 : Drive back to Kathmandu -1320m- 7 hrs.

Morning, after breakfast depart from the hotel for interesting drive or fly back to Kathmandu. The road follows on main busy highway, after leaving the Trishuli River, and then the road climbs on winding up to the outskirt of Kathmandu valley. From the high end of the valley rim, the drive slowly enters the busy bustling city of Kathmandu. On reaching Thamel or near about then check into respective hotels, afternoon free at leisure for individual activities and evening Farewell Dinner with Nepali cultural program.

Prepare for your next day's international departure homewards.

Inclusions

What is included?

All Arrival and Departure Transfer from airport to hotel and vice-versa.

Twin sharing room on tourist standard hotels in Kathmandu, Pokhara and Mountain on a bed and breakfast basis only.

Tourist Bus Kathmandu-Pokhara-Kathmandu.

Transportation Pokhara -Jhanu Danda-Pokhara.

Twin-sharing accommodation on best available lodges/Guesthouse

Service of guide, and trekking staff as per size 2:1porter.(It means for two clients one porter)

Wages, meals, medical allowance of guides, trekking staff and porters.

Necessary Trekking Permits TIMS (Trekking Information Management Systems), ACAP.

Comprehensive Medical Kit carried by our staff if required for minor wounds and sickness.

Gift of Haven Holidays Company T-shirt or Cap

Trekking equipment: Duffel Bag if necessary.

Farewell dinner in Kathmandu.

What isn't included?

Nepal Visa, Personal Medical & Travel Insurance.

Expenses of a personal nature

Gratitude or tipping for trekking staff, drivers, porters and guides,

Personal trekking gear, including sleeping bags and down jackets.

Emergency Evacuation if required by any means of transportation, including Helicopter Service.

Personal medical kit, as advised by your doctors.

Early return from the trek due to personal domestic or medical reasons, no refund will be entertained on breaking the journey.

Lunch and Dinner all round the trip.

Domestic tickets fare like Kathmandu - Pokhara and Pokhara - Kathmandu.

Kathmandu and Pokhara sightseeing

Trip Info

Arrival

You will arrive either by air or land to Nepal. If you arrive in Nepal by air, you have to use only Tribhuvan International Airport. Instead, if you use the road, you can enter or arrive in Nepal by land, you can different borders of Neighboring countries (India and China) like Jogbani, Raksaul, Sunauli, Nepaljung, Dhangadi, Birjung, Kakarvitta, Jhapa, Morang, Tatopani, Tinker, Rasuawagadi,

Kimanthanka etc. You can use whichever entrances you like to suit your comfort and convenience. On Arrival, you will have the on-arrival visa instantly if you have not applied for Nepal visa for Nepal through the consulate centre or Nepal Embassies near you or your city. Within half an hour, you can get an instant authentic visa on your passport after producing all the required documents for the visa.

Tourist Visa Nepal

A tourist Visa is on arrival visa in Nepal. It means tourists who are visiting Nepal can get the visas instantly on arrival at International Airports by producing all required documents. It's a quick and not a delayed process. TIA (Tribhuvan International Airport) under the Department of Immigration has been facilitating tourists flying to Nepal by providing visas on Arrival. The 'On Arrival' visa procedure is very quick and simple. Within 5-10 minutes, you will get a visa on your passport. However, You can expect some queues during peak Tourist season (Autumn-Sep-Nov). If you wish to skip those queues, you can also consider getting a Visa from Nepalese Diplomatic Missions stationed abroad before your arrival. If you have possible, we recommend you obtain a visa before you enter Nepal from the diplomatic missions located nearby you so that you don't need to bear any hassles during the process of obtaining a [tourist-visa-nepal](#) on arrival for your choice.

Transfer to Hotel

The majority of people/trekkers enter Nepal by air and that is via Tribhuvan International Airport. We receive you at the arrival of any entry point of Nepal or mainly at Tribhuvan International Airport without any delay according to your arrival time. It may take some time like 30 minutes to collect your luggage and for security checking at the airport. After that, you make your way to the exit of the airport and the Haven Holidays Pvt. Ltd. Representative will be waiting there holding the Board Witten "Haven Holidays Pvt. Ltd" As you see the board, you have to go with him or her and we will make a very comfortable transfer to the hotel you are staying overnight. The transfer from Tribhuvan International Airport and Thamel, the hotel where you are staying will take just 30 minutes drive. Get checked in the hotel take a rest and get refreshed. We will give you the time for orientation after you get checked into the hotel.

Orientation

As you are given the time when you get checked in the hotel, you will be followed by our staff for the orientation. It may be on the same day or later the next day early in the morning at breakfast. We will briefly let you know the trip you are undertaking from the next day or the same day onwards. You will be stated about the highlights of the trip, preparations, equipment, food and accommodation, guide and porter, emergency rescue, travel insurance and many other important things to know beforehand.

We will introduce you to the trip crew and have a brief talk with them so that you can feel more comfortable during the trip.

If you have any queries, you can put them in this orientation meeting before you depart for your trip.

Last Minute Booking

Last-minute booking is always open for you but the same package tends to be a little more costly than the regular departure dates trip packages. Those who approach for last minute booking with us; must pay a 10% additional cost of the total trip cost mentioned on our website. You can book the trip you like on our website even a day before the trip begins.

If you are lucky, then, the last minute may be a golden opportunity for you to get the same price or even less than that if one of the members of the trip gives up and withdraws the trip plan at the eleventh hour. So, if you are late to book the trip you like to do with us, no worries, you still have the option and we will try our level best to make your trip as successful and grand as other normal trips. Don't hesitate to hit the booking button at the eleventh hour, we are always open and here to organize your vacation trips in Nepal.

Trip Extension

We are always flexible and open to the extension of the particular trip you are undertaking. If you enjoy the trip you are doing, you can extend it to longer days or longer hours. But, for this, you must contact us one day prior so that we can arrange the required things like trip crew, accommodation, transportation and other minor needy things for your extended trip. If you let us know a day earlier directly or through the trip crew you are using in the field/route like through your trip leader, you will have a beautiful time ahead. For the extension of the trip, you must add some little additional cost which we will settle in mutual understanding.

Currency Exchange

You can exchange your currency even in the Tribhuvan International Airport at your arrival or you can exchange it after you check in at the hotel in Thamel or other several places of Kathmandu, trekking beginning points as well. You can find several money exchange counters in different corners of Thamel city. If you are in a rush and cannot do this, you can pay USD, AUD or CAD to the people whom you need to pay for your accommodation, food, trip costs, tipping etc. You can even exchange your currency with Nepali on the trekking routes/trip routes like in Lukla, and Namche You can ask to exchange your currency with Nepal with local lodges/restaurants/hotels/ guesthouses too. But, you need to have your currency like USD, AUD or CAD. Even Indian currency does work in Nepal while paying but only Rs. 100 rupees not 500 and 1000. You can pay with your currency with the current exchange rate wherever you go in Nepal.

Haven Holidays Team

Haven Holidays Team is very professional, reliable and responsible. You can completely on them. They are well-trained, friendly and highly literate in their respective languages. You can share anything you like with them without any hesitation. They know local culture, civilization, history, foods and accommodation, weather conditions, expert in first-aid application and how to handle the sudden accidents on the trip. They are eco-friendly and better understand the non-human's rights and their lives.

The **Haven Holidays Team** will assist you in every step of your trip to make it memorable and more convenient.

Luggage and Storage

If you are hiring a porter for your trip in the mountains, you can pack no more than 10 kg. in the duffel bag or your backpack. We provide you with a very reliable duffel bag to put your stuff to be carried on the trip. It will be very safe to be carried by a porter. Because it is the labour rule that a porter can only maximum of 20kgs in the mountain. Please, don't pack unnecessary stuff in the duffel bag. Two people one porter put 10kg of stuff by each individual.

If you think you don't need the stuff you have with you in the mountains, you can store it at the hotel in Kathmandu. They will keep your unnecessary luggage/stuff very safe till your return back. Ask your trip leader or hotel receptionist to do it for you before you depart for the trip. Take the luggage tag while storing the unnecessary luggage.

Meals

Meals will be provided according to the itinerary and cost includes and cost excludes. If you are given the itinerary or cost like including BB only, you will be provided breakfast only and if you have booked the trip package including a full-board meal, you will get all the meals including breakfast, dinner and lunch. Apart from main meals, if you have extra tea, coffee, cold drinks and other alcoholic drinks, you have to pay them personally.

During the trip, you will be given enough time to have a meal. You can enjoy the meal you like from the menu. Vegan, Vegetarian?? If you are vegetarian, you will still find the choice in the menu and our guide will take good care of you through the trip.

You will have your meal at the lodge/local guesthouse, hotel or resort during the trip. You are supposed to have the meal where you stay overnight in the mountain during the trekking trip. Sometimes, you may not get the item you want in the mountain during the trekking trip/touring trip, at the time; you have to consider it very calmly.

You will enjoy freshly cooked meals in the mountain during the trip days with local ingredient

Trek Start

After breakfast at the hotel in Pokhara, you will take a 3-hour drive from Pokhara to Jhinu Dand via Nayapul /Birethanti through the stunning landscapes of the Annapurna region. It's a peaceful and charming stopover for trekkers to rest and enjoy the natural beauty of the area before continuing their journey deeper into the Annapurna Base Camp.

Electricity

You will get a good and undisturbed facility of electricity during the trip to Nepal. Even though you go to the mountain for trekking and other adventure activities, you can get the facility of electricity to charge your phones and backups. However, in some cases, you may have to face the problem of load-shedding and the local lodges and some places guesthouses may charge you some amount to charge your batteries, backups and phones in remote areas trekking. There won't be an electricity heating system in the mountain while doing trekking or other adventure activities.

Drinking Water

Drinking water must be pure, safe and contamination-free. You can get bottled or purified drinking

water during the trip even in the mountain which is very safe for you to drink. The majority of the people who make trekking or adventure trips in the mountains go with boiled water which is prepared by the local lodges/guesthouses on the trail which is the best way to keep you safe from contaminated water. However, some people carry water purifying ingredients and they apply it to the drinking water and they drink it. But, don't try to drink the water from the Local River, stream and taps. The bottled water you can buy along the trek in the guesthouse.

Communication

You can enjoy excellent facilities of communication in Kathmandu. However, in the case of the trekking trip in the mountains, you may not be able to have such kind of facility as in the cities. But, most of the local teahouses/lodges/guesthouses/ hotels on the trail will offer you the facility of Wi-fi. Sometimes, you get it for free and sometimes, you may have to pay for the installation of Wi-fi during the trip in the mountains.

The best way to access good communication over your smartphone is to get a local Nepali SIM Card like NT and NCELL. You get these local Nepali SIM Cards easily in Kathmandu and even in International Airport, Tribhuvan International Airport. For this, you have to present a copy of your passport and a passport-sized- photograph. You can buy a data pack via this local SIM Card and you make a very good communication. You can make a call, and access the internet over it.

Trek Ends

Our trek ends at the Jhinu Danda, trekkers often take time to relax and enjoy the natural hot spring that the area is famous for after days of hiking through the stunning landscapes of the Annapurna region, soaking in the therapeutic waters can be incredibly rejuvenating.

From Jhinu Danda, It's usually a few minutes hike down to a long suspension bridge passing through picturesque scenery. Upon reaching Jeep station, the Haven Holidays team arrange transportation back to Pokhara.

Finally, you will drive back from Jhinu to Pokhara with a jeep for around 3 Hours

Feedback

You can give feedback on the trek/trip you have undertaken at the end of Kathmandu. You can visit our office or you can do it in the farewell dinner we organize. Your feedback about the trip will always be taken positively. We need it to grow and sharpen our services and facilities in the coming days.

If you cannot attend the farewell dinner at the end of the trip in Kathmandu or you don't have time to visit our office, you can write your feedback on the trip advisor page which will be more reliable and public.

Trek Extra Personal Expenses

How prodigal you are? Your trek extra personal expenses depend on it. If you love doing extra expenses on the trip, you will go to topics like alcoholic drinks, extra tea or coffee apart from the meal, tipping, some minor donations, extra snacks on the trail, some urgent personal stuff like

clothing or any other equipment you immediately require on the trip in case it gets damaged or stop functioning. And, at the end of the trek, you have to give some tips to your trekking crew. For this, you have to allocate some dollars or Nepali currency.

Typical Day

The typical trip day begins with a good breakfast. You will have breakfast at around 7-8 am and begin the day after it. Then, you will have to work/walk for 3-4 hours after breakfast and you will stop for lunch. The lunchtime will be around an hour. You will order your lunch item and the restaurant/hotel/teahouse will cook for you. Sometimes, you may have to wait for some time if the restaurant or hotel is crowded. You can find the item you want in the menu prepared by the local lodge/restaurant/hotel. If you are vegetarian, no worries, you can still find the ways.

After lunch, you will resume your work/trek/trip again and end it in the after like around 3-4 pm. After that, you will check in the hotel/guesthouse/ teahouse and get refreshed. Take rest, change clothing and go for dinner at around 6-7 pm. Your leader will help you to order the meals you like. At the dinner, your leader will share the important information for the next day's trip and you can raise the question regarding it. The leader will orient you on what to wear, how to walk, what to carry and where to eat. Follow the instructions from the guide/leader very well.

Why with Haven Holidays?

- Free Booking and Free Cancelation
- Veteran Crew Members
- Enhancing Eco-Tourism
- Prompt response, full safety and comfort guaranteed.
- No hidden cost
- Flexible
- Cost Friendly
- Wider Networks
- Expert in risk management

Trekking Packing/Checklist List

When preparing for a trekking trip in Nepal, it's essential to have the right equipment and packing list to ensure your safety and comfort to complete your mission. This list is a guideline, and your final list will depend on your preferences and judgment if you like more about: [Trekking equipment list](#)