



Annapurna Foothills

Treks & Expedition Pvt.Ltd.

Government Registration No: 52988/064/965| Tourism License No. 956/065

Everest Base Camp Trek - 16 days

Trip Facts

Trip Cost USD 1450 P/P

Group Size above 2 Pax

Single Supplement \$ 250

Max Elevation 5545m

Trip duration 16 Day

Trekking Type 11 Nights
Lodge

Trekking Grade Challenging

Hotel in Kathmandu 4 Night BB Plan

Starting / Ending Point Kathmandu



Highlights:

- follow in the footsteps of Sir Edmund Hillary to the iconic Everest Base Camp
- spectacular trek up the Khumbu Valley
- visit the beautiful monastery at Tengboche
- ascend Kala Pattar, 5554m, for magnificent views of Everest, Lhotse and Nuptse

www.annapurnafoothills.com | Email: info@annapurnafoothills.com

Telephone No.: +977 1 4002200 | Cell No.: +977 9841579429



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Day	Program	Elevation/Distance	Overnight
Day 01:	Arrival in Kathmandu	1,300m/4,265ft	Hotel
Day 02:	Preparation day in Kathmandu	1,300m/4,265ft	Hotel
Day 03:	Flight from Kathmandu to Lukla Trek to Phakdingma	2,610m/8,562ft Dist: 8KM/ 4hrs	Guest House
Day 04:	Trek to Namche Bazaar	3,441 m/11,289ft Dist: 11 KM/ 6-7 hrs	Guest House
Day 05:	Acclimatization day hiking around Khumjung	3,790 m/12,434ft Dist: 4KM/ 3-4 hrs	Guest House
Day 06:	Trek to Tengbuche	3,864m/12,677ft Dist: 11 KM /5-6 hrs	Guest House
Day 07:	Trek to Dingbuche	4,400m/14,435ft Dist: 10 4KM 5 hrs	Guest House
Day 08:	Acclimatization Day- Hiking Chhkung valley or Nagerjun back to Dingbuche	4,850m/15,912ft Dist: 4-5 KM/ 3-4 hrs	Guest House
Day 09:	Trek to Lobuche	4,915 m/ 16,125ft Dist: 11 KM/ 6 hrs	Guest House
Day 10:	Trek to Gorak Shep (Day hike Everest Base Camp)	5,130m/16,830ft Dist: 12 KM/ 8 hrs	Guest House
Day 11:	Ascent to Kala Pattar 5545m and descent to Pheruche 4,371m/ 14,340 ft	5,545m/ 18,192ft Dist: 15 KM/ 6-7 hrs	Guest House
Day 12:	Trek to Namche	3,441 m/11,289ft Dist: 18 KM/ 6-7 hrs	Guest House
Day 13:	Trek to Lukla	2,860 m 9,380 ft Dist: 19 KM/6-7 hrs	Guesthouse
Day 14:	Fly from Lukla to Kathmandu	1,300m/4,265ft 45 minute	Hotel
Day 15:	Free Day / Shopping / Relaxing	1,300m/4,265ft	Hotel
Day 16:	Departure		In the plane

Trip Cost: USD 1450 per Person - Above 02pax

SERVICE INCLUDES

- Transportation from Airport – Hotel – Airport: Car, Van, Hi-ace or Coaster
- Welcome dinner with Live Nepalese Cultural Program

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- Accommodation during trek ; local lodges 11 nights (11 breakfasts, 11 lunches, 11 dinners, and twin-share rooms with beds with comfortable foam mattress and pillows included)
- Accommodation in Kathmandu, 4 nights (bed and breakfast and tax included) Hotel Holy Himalaya or similar
- Experienced English-speaking Sherpa; Govt. Trained/Licensed Holder guides
- Porters (2 persons- One porter basis; max load 25 kg per porter)
- Sagarmatha National Park fee, TIMS permits and all required permits and official documentation
- Personal Insurance for Nepalese staff
- Round Trip Airfare: Kathmandu – Lukla – Kathmandu
- Company duffel bag
- Local Airport Tax
- Energy-supply chocolates: Snicker, Mars and Bounty

SERVICE EXCLUDES

- Personal Insurance for your travel to Nepal.
- Lunch & Dinner in Kathmandu
- Emergency Rescue/Evacuation
- Personal Expenses
- Tipping (Tips)
- All the alcoholic and non alcoholic Drinks
- Hot Shower charge at trekking lodges
- Batteries and Telephone calls
- Additional night accommodation in Kathmandu because of early return from Trek (due to any reason) than the planned itinerary
- Excess baggage charge(s)

Detailed Itinerary

Day 01: Arrival in Kathmandu 1,300m/4,265ft

Flying to Kathmandu is in itself an exciting and memorable experience. On a clear day you will get a panoramic view of the snow-capped Annapurna mountain range. In the airport, after completing the visa formalities collect your luggage downstairs. As you exit the airport terminal, you will be met by our representative carrying your name on a signboard as well as our company signboard, Annapurna Foothills Treks & Expedition. You will be taken to your hotel in our vehicle, where you will be served free welcome drinks, tea or coffee or juice as you check in.

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The Managing Director of our company will meet you in the hotel and provide more information about the expedition. Your dues must be cleared before we proceed on the trip. Afterward, you are free to relax or explore around the city. Stay overnight at Hotel

Day 02: Preparation Day in Kathmandu 1,300m/4,265ft

We will finalize paperwork-permit for your trip and make a final check of your equipment. In case you need additional trekking equipment, you will have a chance to buy it. Stay overnight at Hotel. **Meal included: (B, D)**

Day 03: Fly to Lukla; Trek to Phakdingma, 2,610m/8,562ft/ Dist: 8KM/ 4hrs

we head to the domestic airport for our early morning flight to Lukla. From the twin otter plane we will enjoy some amazing views of several of the world's highest mountains including Cho Oyu, 8153m, Lhotse, 8516m, Gauri Shankar, 7145m, Menlungtse, 7181m, and Mount Everest. At Lukla our support crew will be waiting to welcome us. After distributing our luggage among the strong Sherpa porters who will so cheerfully carry our burdens for the trip, we set out downhill into the Dudh Kosi (Milk River) Valley. The trails in these parts reflect the large roll Tibetan Buddhism plays in the lives of the Sherpa people. There are many mani stones, which are large stones with Tibetan prayers chiseled into them, all along the trails. You will soon become familiar with the customary way of passing chortens, mani stones, and prayer wheels in a clockwise direction. We reach Phakdingma a small village beside the Dudh Kosi River. Stay overnight at guest house. **Meal included: (B, L, D)**

Day 04: Trek to Namche bazaar 3,441 m/11,289ft Dist: 11 KM/ 6-7 hrs

Today will be one of the harder days of the trek, so we take it slowly, giving our bodies a chance to acclimatize and our senses a chance to take in the sights and smells on this trail into the heart of the Khumbu. From Phakding the trail follows the Dudh Kosi valley north for 2-3 hours to Monjo, the entrance to the Sagarmatha (Everest) National Park. There is a good view of Thamskerku, 6608m. We follow the river to the Hilary Bridge, a fantastic suspension bridge that spans the deep chasm over the confluence of the Dudh Kosi and the Bhote Koshi. From here it is a tough climb to Namche. The trail continues to climb through forests of pine. About half way up there is a vantage point that provides our first view of Mt Everest rising majestically from behind the great ridge of Nuptse-Lhotse. Namche village is beautiful in itself with colorful houses and lodges and prayer flags, and the setting is majestic, spread on the steep sides of a horse-shoe shaped valley facing the beautiful Kongde Ri Peak. Stay overnight at guest house. **Meal included: (B, L, D)**

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Day 05: Acclimatization day- Hiking Khumjung 3,790 m/12,434 ft Dist: 4KM/ 3-4 hrs

If we are acclimatizing well, we will want to walk up a hill for a spectacular viewpoint where we can see all the way up the Imja Khola Valley to where the glacial moraine begins below the towering Mt Everest, 8848m. Other spectacular peaks we can see are Taweche, 6542m, Thamserku, 6808m, Kantega, 6685 m, Ama Dablam, 6856m, Nuptse, 7896m and Lhotse, 8511m. Besides the great bazaar with a wonderful variety of shops to visit, today gives us a chance to visit the Sherpa Cultural Centre has an interesting collection of mountaineering items and photographs. There is also the option of a day walk to the pretty village of Khumjung, where Sir Edmund Hillary built his “Schoolhouse in the Clouds” and the famed Khunde hospital. We can see the “scalp of a yeti” at the Khumjung monastery. Stay overnight at guesthouse. **Meal included: (B, L, D)**

Day 06: Trek to Tengbuche 3,864m/12,677ft Dist: 11 KM /5-6 hrs

Today we follow the Classic Everest Base Camp trail and enjoy one of the most scenic days of the trek. We start with a short, steep climb out of Namche up to a ridge which meanders above the Imja Khosi. As we hike we get spectacular views of Everest, Lhotse, Nuptse and also the beautiful Ama Dablam. We descend through rhododendron forests to Phunki Tenga near the Dudh Kosi where we have lunch. A suspension bridge takes us across the river and we start an ascent of about 1 hr through pine and rhododendron forest. We will likely spot some wildlife such as, Himalayan Thar, Musk Deer and pheasants while passing through the forests. The trail becomes less steep after leaving the forest. We climb for another 1.5 hours through grassy meadow to reach the Thyangboche monastery on the crest of a long ridge which stretches to the summit of Kantega. Sir Edmund Hillary helped to re-build this famous monastery after it was destroyed by fire in 1989. From Thyangboche the views of the Everest massif, as well as all the other major peaks of the area are astounding. From Thyangboche it is only a 20 minute descent through trees to Deboche. Overnight stay at guesthouse. **Meal included: (B, L, D)**

Day 07: Trek to Dingbuche 4,400m/14,435ft Dist: 10 4KM 5 hrs

The trail descends through a beautiful forest, then crosses the Imja Khola (river) and passes through the village of Pangboche. The route continues through summer pastures where the yak graze, to Dingboche, 4400m, the second place to stop and acclimatize. Stay overnight at guesthouse **Meal included: (B, L, D)**

Day 08: Acclimatization Day- Hiking Chhkung valley or Nagerjun back to Dingbuche 4,850m/15,912 ft Dist: 4-5 KM/ 3-4 hrs

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A second acclimatization day, with optional hikes to Nagerjun Hill (approx. 5,050m) or Chukung village, with fine views of Ama Dablam, Makalu and other peaks, interspersed with lakes and glaciers. **Meal included: (B, L, D)**

Day 09: Trek to Lobuche 4,915 m/ 16,125ft Dist: 11 KM/ 6 hrs

we continue trek through the wide valley beneath the impressive peaks of Chola Tse and Tawache on the left. We then turn right and take a steep climb towards the foot of the Khumbu Glacier to Dugla. The trail zigzags through the boulders of the glacier's terminal moraine. At the top of this climb there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt. Everest. We continue to climb to Lobuche, 4910 m, from where you will see the awesome Mt. Pumori Peak, 7220m, very well. Stay overnight at guesthouse. **Meal included: (B, L, D)**

NOTE: Some breathing problems may arise today due to the altitude. To prevent altitude sickness rest and plenty of water is necessary. You will crave some Chocolates or Snickers at this point. Stay overnight at guest house.

Day 10: Trek to Gorak Shep (Day hike EBC) 5,130m/16,830ft Dist: 12 KM/ 8 hrs

Today we trek on past Gorak Shep 5130m, to reach Everest Base Camp. After celebrating our efforts and photographing this achievement, we return to Gorak Shep. Stay overnight at guesthouse. **Meal included: (B, L, D)**

Day 11: Ascent to Kala Pattar 5545 m/18,192ft & descent to Pheruche, Dist: 15 KM/ 6-7 hrs

An early morning climb will take us to our destination peak, Kala Pattar, following the Khumbu Glacier. From Kala Pattar we will see the sun rise and enjoy superb views of the surrounding mountains. We descend for lunch at Lobuche, 4915m, and continue down to Feruche. Stay overnight at guesthouse. **Meal included: (B, L, D)**

Day 12: Trek to Namche 3,441 m/11,289ft Dist: 18 KM/ 6-7 hrs

Gradually, we trek down to Pheruche and again pass through the Pangboche village, the same trail we used on the way up. The trail leads down to a river. After crossing the river, we walk for an hour up through the forest and reach Tengbuche after continuously to Namche. Stay overnight at guesthouse. **Meal included: (B, L, D)**

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Day 13: Trek to Lukla 2,860 m 9,380ft Dist: 19 KM/6-7 hrs

Boosted by all our new red blood cells, we rush down the footpath toward Sagarmatha National Park gate, in Jorsale. Later, Lukla's footpath leads us back to the first villages we saw two weeks ago: Gumila, Phakdingma, and Choplung. The high peaks disappear behind the hills. In Lukla, this last evening in the mountains is the ideal opportunity for a farewell party with your sherpa guides and porters, and a good chance to sample some chhang, try Nepali and Sherpa dance and look back on the memorable trekking experiences. The staff will be hoping for some precious and well deserved tips. **Meal included: (B, L, D)**

Day 14: Fly from Lukla to Kathmandu 1,300m/4,265ft 45 minute flight

you take an early morning flight from Lukla back to Kathmandu. Over Night stay in Hotel **Meal included: (B)**

Day 15: Free Day / Shopping / Relaxing

On this day, you can proceed to relax and can have another tour of the city or go shopping at the hub of “all things-tourist” Thamel. Over Night stay in Hotel **Meal included: (B D)**

Day 16: Departure

Meal included: (B)

We will accompany you to the International Airport in time to board your flight.

Trip Note!!

Best Time to Visit the Everest Base Camp Trek

The best seasons for the Everest Base Camp Trek are from **September to November** and from **March to May**. These months are known for sunny and warm weather and outstanding views. The summer months from June to August are also beautiful, but the trek can be affected by the monsoon rains.

EBC is a Tea Houses/Lodge Trek

Accommodation is included in the cost of your package. Annapurna Foothills Treks takes great care to arrange the most comfortable accommodation possible throughout your stay. In Kathmandu, our clients enjoy three nights in Hotel Holy Himalayan or The Address Kathmandu Hotel before and after heading into the remote regions.

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During the trek, the nights will be spent in clean and comfortable tea houses with plenty of character and good food. The simple rooms usually have two narrow beds. The family run lodges are a great place to get to know the Nepalese people. In Nepalese culture, a guest is equal to god, and surely this has become even more of a reality since the tourism industry has improved their meager opportunities to earn. You will be made very welcome!

Drinking Water on Everest Base Camp Trek

We suggest that you drink boiled water or bring chlorine tablets to purify the normal water available in the guest houses along the way. There is a small fee charged for the boiled water. Although mineral water is available in most places, there is no provision to dispose of the plastic bottles, so we encourage the guests to do what they can to protect the environment.

In Kathmandu we suggest you allocate US\$ 10 - 15 per meal, although it depends on your spending habits. On the trek, all your meals are included, but you may wish to purchase extras which are not included in your package, such as Sweet Dessert, Hot Shower charge, All the alcoholic and non alcoholic Drinks US\$20 - 25 a day should be enough, but keep in mind the cost of all items increases proportionately with the distance from the trail head.

Spending Money per Day

In Kathmandu we suggest you allocate US\$ 10 - 15 per meal, although it depends on your spending habits. On the trek, all your meals are included, but you may wish to purchase extras which are not included in your package, such as chocolate bars, Coca Cola or a beer. US\$10 - 15 a day should be enough, but keep in mind the cost of all items increases proportionately with the distance from the trail head.

Local Customs You Should Know About on Classic Everest Base Camp Trek

Ethnic groups of the hilly and mountain regions are predominantly Buddhist, and you will see many mani stones, stupas, gumbas and prayer wheels. It is respectful to pass these objects with your right side nearest to the object, in a clockwise direction. Avoid sitting or standing on mani stones, stupas, tables used for worship or anything that is a religious symbol, as that is considered disrespectful.

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Travel Insurance for Everest Base Camp Trek

Annapurna Foothills Treks strongly recommends you have sufficient insurance coverage to you go into this remote area. You need specialized travel insurance that covers emergency evacuation, injury, lost baggage, liability and medical treatment. Make sure the insurance covers all the activities that you will be undertaking during your stay in Nepal. Annapurna Foothills Treks and Expeditions Pvt. Ltd. can organize the appropriate medical response based on your policy.

Injuries or Evacuation

Annapurna Foothills Treks and Expedition is committed to do everything possible to make our client's journey pleasant and safe. Our guides are selected on the basis of their leadership ability under normal circumstances as well as emergencies. They are certified in First Aid, experienced in altitude related symptoms and management and medical evacuation.

However, Annapurna Foothills Treks and Expedition will not be liable for any injury or health problem experienced by the client during the trip.

Clothing

It is important to be equipped to cope with the extremes in temperature as well as unexpected bad weather. At high altitudes it can be very hot when hiking in the sun and very cold when you stop in the shade and when the temperatures dip at night. What is mentioned on the list is the minimum you should bring. A couple extra T-shirts is a good idea. You may get a chance to wash clothes, socks and underwear on rest days but that is not always dependable.

Upper Body

- 2-Light weight thermal tops- long sleeved (medium weight merino or equivalent)
- 3-T shirts or cool-max trekking shirts
- 1- pull over or jacket (Merino, polartec, powerstretch, soft shell, 100 weight fleece)
- 1-200 weight fleece jacket or prima loft jacket
- 1-Waterproof shell jacket with hood (lightweight, breathable)
- 1-Down parka with hood

Lower Body

- 2-Thermal bottoms (merino or polartec powerdry)
- 1-Fleece or polartech powerstretch pants
- 1-Light weight hiking trousers

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- 1-Heavy weight hiking trousers (wind proof soft shell for warmth at higher altitude)
- 1-Hiking shorts (optional)
- Waterproof shell pants (lightweight, breathable)
- *Under Garments

Feet

- 5- Warm Trekking socks (wool)
- 5- Lightweight Cotton Trekking socks
- 2-Thick wool socks to wear at night in lodges
- *Gore-tex waterproof hiking boots- (you should buy at home and break them in before you come)
- *Spare laces for hiking boots
- Snow Gaiters (optional)
- Camp shoes/sandals (cros are ideal)

Hands

- 1-Lightweight gloves-Polypro
- 1-Heavyweight gloves or mittens with a waterproof shell outer (seasonal)

Head

- Warm beanie hat
- Tubular Headwear (buff)
- Sun hat or cap (cap and buff all fit under your hood)
- Polarised Sunglasses with UV protection

Accessories:

- 1-Daypack (approximately 2500 to 3000 cubic inches)
- 2-Water bottle or camel bag, 1-liter (one with an insulated cover is recommended)
- large duffle bag (and a lock as the porters will carry this)
- Stuff sacks, dry bags, garbage bags etc (to organise and waterproof your things inside the duffle bag)
- Trekking pole set
- Sleeping bag (- 15°C)
- Head lamp and spare batteries

Personal First Aid kit (we suggest the following items):

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- *personal medication
- Broad spectrum antibiotics (e.g. *Ciprofloxacin*)
- Diarrhea stopper (e.g. Imodium)
- Rehydration salt sachets
- Medication for giardiasis (e.g. *Tinidazole*)
- *Blister kit (tiny roll of 3M medical tape/breathable surgical tape)
- Antiseptic (iodine or alcohol wipes for cleaning wounds)
- *Sterile non-stick absorbent dressing/gauze (for more serious wounds)
- *Antibiotic cream (sample size)
- 10 *ibuprofen* tablets (anti-inflammatory; pain relief)
- 4 antihistamine tablets (for bites, allergic reactions; e.g. *Benadryl*)
- throat lozenges
- Small Swiss Army knife (which has knife, scissors and tweezers)
- Small whistle
- Diamox (consult your doctor about this)

Toiletries/hygiene:

- Toothbrush & *paste (preferably biodegradable)
- Toilet paper
- Light weight towel and *soap (preferably biodegradable)
- *Face and body moisturizer (the low humidity at high altitude dries the skin)
- Feminine hygiene products
- Small mirror
- *Deodorants
- Nail clippers
- Wet wipes/ baby wipes (in case there is no warm water for a wash)
- Antibacterial hand gel
- Sunscreen (with a high UV factor needed for high altitude)
- Sunblock lip balm (kept in a pocket and regularly applied)

Extras/Luxuries:

- *Lightweight reading material, journal
- Trail Map/Guide book
- Journal & Pen
- *Travel game i.e. chess, backgammon, scrabble
- Small pillow
- Thermarest (optional – in case the mattress in the lodge is inadequate)
- *Earplugs (in case group member snores)
- Personal treats and snacks

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- *Zip-lock bags for snacks so you can divide each day
 - A bag to leave these in Kathmandu (very cheap in Kathmandu)
 - Shoulder bag or small backpack for exploring around town (optional)
 - *Music player
 - *Camera
 - Binoculars
 - Town clothes and shoes
 - *Swimming costume (for Kathmandu)
 - Tips for your Sherpa guide and porter
-

With best regards

Ngima Nuru Sherpa



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Address: G P O BOX: 8974 C P C 042 Lazimpat 2, Kathmandu Nepal

Phone: +977 1 4002200 | Cell: +977 9841579429

Email: info@annapurnafoothills.com | aftreks@gmail.com

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GOVERNMENT REGISTRATION NUMBERS:

» Office of Company Register: 52988/064/065 | » Office of Cottage & Small Industry: 10948/142

» Tourism Industry Division License No: 956/065 | » Tax Department Regd. No: 302898457

» Nepal National Bank Ref. No. Bi.Bi.Ni.E. (Trekking 914/065) | » Trekking Agents Association of Nepal (TAAN)

» Nepal Mountaineering Association (NMA)- Associate Membership AM # 662

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