

Annapurna I Expedition (8,091 m): A Serious 8,000-Meter Himalayan Challenge

Overview:

At 8,091 meters, Annapurna I stands among the world's great 8,000-meter peaks, a mountain respected by experienced climbers not simply for its height, but for the seriousness of the climb itself. Steep snow and ice, complex glacial terrain, avalanche exposure, severe weather, and extreme altitude combine to make Annapurna I one of the most demanding objectives in the Himalayas. For those who choose to climb it, Annapurna demands more than physical strength. It requires experience, preparation, patience, and the judgment to make the right decision when conditions change.

Located in north-central Nepal, Annapurna I is the highest peak of the Annapurna massif, which stretches across a spectacular section of the Nepal Himalayas. The mountain lies east of the Kali Gandaki Gorge and rises above an immense landscape of glaciers, high valleys, and surrounding Himalayan peaks. The approach itself is an important part of the expedition, taking climbers from the lower mountain environment into increasingly remote and demanding terrain before reaching the high-altitude world of Annapurna Base Camp.

Annapurna also holds a unique place in mountaineering history. On June 3, 1950, French climbers Maurice Herzog and Louis Lachenal reached the summit, making Annapurna I the first 8,000-meter peak successfully climbed. Their achievement marked the beginning of the era of 8,000-meter mountaineering and remains one of the defining moments in Himalayan climbing history.

Our Annapurna I Expedition is designed for experienced climbers seeking a genuine 8,000-meter challenge. The program combines a carefully organized approach, progressive acclimatization, high-altitude climbing preparation, experienced Sherpa support, and a flexible summit strategy. Above Base Camp, the expedition is guided by the mountain's actual conditions rather than an inflexible timetable. Weather, snow stability, route conditions, acclimatization, and the physical condition of the team all play an important role in deciding when to move higher and when to wait.

The climbing route involves steep and exposed sections of snow and ice, glacial terrain, and areas where avalanche and serac hazards must be taken seriously. At more than 8,000 meters, even straightforward movements become physically demanding because of the lack of oxygen, extreme cold, and accumulated fatigue. The mountain therefore requires climbers who are comfortable operating in a high-altitude environment and who understand that good judgment is as important as physical strength.

Our Sherpa climbing team provides essential support throughout the expedition, assisting with camp establishment, route preparation, equipment movement, and high-altitude logistics. Their experience in the Himalayas is an important part of maintaining an organized and efficient expedition.

The summit attempt is made only when conditions provide a reasonable opportunity for a safe ascent. From the higher camps, climbers move toward the 8,091 meter summit at a controlled pace, with careful attention to weather, route conditions, and the physical condition of the team.

Annapurna I is not a mountain that can be rushed or taken lightly. It rewards preparation and patience and demands respect at every stage. For experienced mountaineers looking for a serious 8,000-meter expedition in one of Nepal's most spectacular mountain environments, the Annapurna I Expedition offers a demanding, historic, and deeply rewarding Himalayan climbing experience.

Climbing Experience and Requirements:

The Annapurna I Expedition is designed for experienced high-altitude climbers with a strong background in technical mountaineering. Participants should be proficient in the use of crampons, ice axes, ascenders, descenders, and fixed ropes, and be comfortable moving on steep snow, ice, and glaciated terrain in challenging alpine conditions. Previous experience on high-altitude peaks above 6,000 meters is required, with strong preference given to climbers who have successfully climbed peaks above 7,000 meters. Previous 8,000-meter expedition experience is highly recommended. Climbers must have the physical fitness, technical ability, and mental resilience required to cope with extreme altitude, steep and exposed terrain, long summit days, cold temperatures, and the unpredictable conditions encountered on Annapurna.

Quick facts:

Cost: USD per Person

Destinations: Kathmandu / Pokhara / Lete / Hum Khola / Base Camp / Camp / Summit / Tatopani

Duration: 42 Days

Trek starting point: Lete

Trek ending point: Lete

Grade: Extremely Challenging

Transportation: Tourist Coach / private vehicle / Local Jeep

Accommodation: tea house, Camp, tourist standard hotel in Kathmandu

Max altitude: 8,091 m

Activities: Trekking, high- altitude mountaineering, glacier travel, fix rope climbing, technical climbing

Best seasons: Late Spring and Autumn

Please do not forget to carry the following items with you:

- Passport-sized Photos
- Torchlight or headlight with spare batteries
- Warm cap or beanie
- Sunglass and high-SPF sun cream
- Sleeping bag (light weight)
- Trekking poles
- Assortment of dry fruits and chocolates for energy
- Down jacket
- Durable trekking trousers
- High-quality trekking shoes (avoid casual footwear like converse or Vans)

PROGRAM ITINERARY

Day 1: Arrival in Kathmandu

Day 2: Sightseeing and Preparation day for Annapurna Expedition

Day 3: Drive from Kathmandu to Pokhara (822 m): 6 – 8 hours

Day 4: Drive from Pokhara to Lete (2,480 m): 6 – 8 hours

Day 5: Trek from Lete to Thulobugin (3,260 m): 5 – 6 hours

Day 6: Trek from Thulobugin to Hum Khola (4,286 m): 4 – 5 hours

Day 7: Trek from Hum Khola to Miristi Khola (4,130 m): 4 – 5 hours

Day 8: Trek to Miristi Khola to Annapurna Base Camp (4,190 m): 4 – 5 hours

Day 9-35: Annapurna Summit Climbing Period

Day 36: Trek from Base Camp to Miristi Khola (4,130 m)

Day 37: Trek to Thulobugin (3,260 m)

Day 38: Trek from Thulobugin to Lete (2,480 m)

Day 39: Drive from Lete to Pokhara (822 m): 6 – 8 hours

Day 40: Drive from Pokhara to Kathmandu (1,400 m) | 6 – 8 hours

Day 41: Leisure Day / Contingency day

Day 42: Farewell Day

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Round-trip Transportation: Kathmandu-Pokhara-Lete
- ☒ Guided tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / camp)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ 1:1 experienced private climbing Sherpa guide for climbing support
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Sherpa guide and Porter
- ☒ Climbing Permit to climb Annapurna I from the Department of Tourism
- ☒ Annapurna expedition permit (Royalty for member)
- ☒ Annapurna Conservation Area Project Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ Summit bonus to your private Sherpa Guide for the summit push (a minimum of US\$)
- ☒ Tips to Base Camp Staffs is Mandatory; a minimum of US\$ per member for the kitchen team
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Additional accommodation expenses resulting from early arrival, delayed departure, early return, flight cancellation, weather disruption, or other unforeseen circumstances.
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.