Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
Tel: +977-01-4988659
E-Mail: sales@iciclesadventuretreks.com
www.iciclesadventuretreks.com

Test Packages - 10 Days

Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu
Tel: +977-01-4988659
E-Mail: sales@iciclesadventuretreks.com
www.iciclesadventuretreks.com

FAQ

1. Any tips for a smooth journey?

Annapurna Sanctuary Trek is comparatively easier than other high altitude treks and anyone who loves to travel with a normal fitness level can join this trip. Previous trekking experience is not required and one of the best trips to join if you are first time trekking in Nepal. Begin your preparations with daily workouts and cardio exercises like running, skipping, treadmill, cycling, etc which will help you increase your stamina and take on the challenge put in front of you. If you are taking any medications especially of blood pressure, cholesterol, neurology, and respiratory system, then you need to consult your doctor before planning the trip.