



## TSUM VALLEY 19 DAYS / N208211

### Highlight information

- ✓ Tsum Valley offers deep connections with local communities and peaceful Buddhist traditions.
- ✓ Experience a distinct lifestyle rooted in non-violence and tradition.
- ✓ Villages preserve authentic Tibetan customs and spiritual practices.
- ✓ Less crowded than other treks, it showcases Nepal's untouched nature.
- ✓ Follows an old salt trade route, adding historical depth.
- ✓ Enjoy spectacular panoramas of Manaslu, Ganesh Himal and more.
- ✓ Explore rich biodiversity, alpine lakes and high-altitude flora and fauna.

### Overview

This remarkable journey sets off from Barpak, where amazing views of towering peaks like Buddha Himal (6,672 m) and Ganesh Himal (7,100 m) greet you from the outset. The route initially rejoins the classic Manaslu Circuit, but at Lokpa, a hidden valley veers off to the right—quiet, secluded, and steeped in mystery. This is the Tsum Valley, a remote sanctuary only opened to trekkers in 2007.

Choosing this lesser-known path, we step into a timeless world shaped by Buddhist and Tibetan traditions. Over six unforgettable days, we trek through fertile fields and remote hamlets nestled beneath majestic 7,000-metre giants, ultimately reaching the Mu Monastery—the last inhabited outpost before the Tibetan border.

### Trip Grading

Although there are no any distinct and universal grading systems for treks, a general rule of grading is followed to understand the difficulty of a trekking. In Nepal, trekking routes are categorized based on difficulty to help trekkers select suitable adventures. These categories consider factors such as altitude, terrain, duration, and required experience.

### Grade 3: Moderate Treks

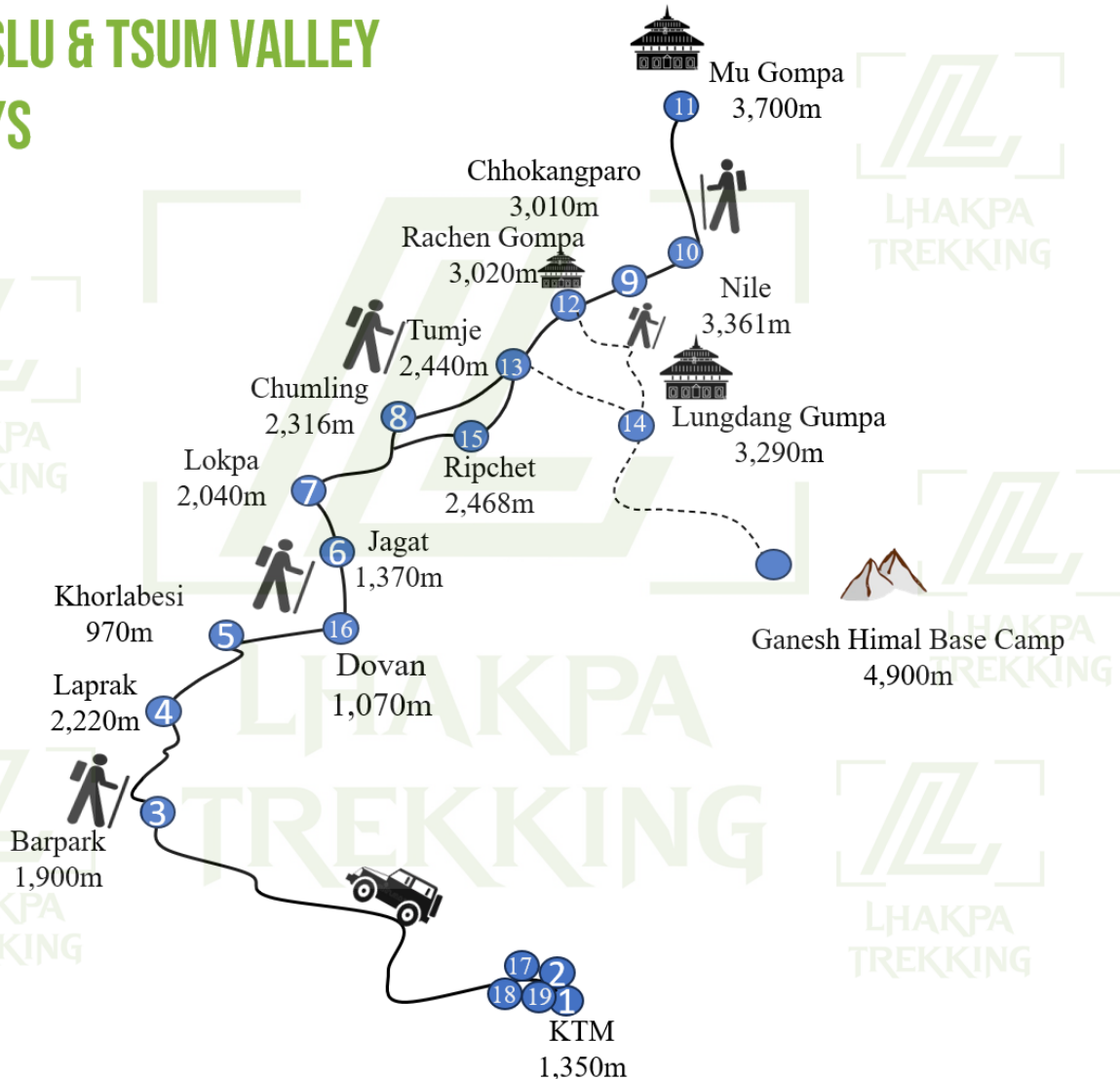
- Altitude: 3,000–4,500 meters
- Duration: 5–7 hours of walking per day
- Terrain: Mixed trails with some steep sections
- Experience Required: Suitable for those with prior trekking experience
- Examples: Annapurna Base Camp Trek, Langtang Valley Trek

### Itinerary & map



## MANASLU & TSUM VALLEY

### 19 DAYS



#### Day 1

##### Arrive Kathmandu 1350m. Transfer to the hotel

Your happy holiday starts in Kathmandu. From airport to hotel transferred included depending on arrival times, you will be able to have a freshen up before briefing with guide in the late afternoon. According to the time, you can walk/drive to Swayambhunath Stupa (Monkey Temple) and from here watch your first Nepali sunset over the Kathmandu Valley, from the oldest stupas in Nepal and is now an important centre for Buddhism. This is one of the most Important world heritage sites of Nepal.

**Accommodation: Hotel. Meals excluded: Breakfast included, Transfer: 20 M drive**

#### Day2

##### Kathmandu (Rest Day)

After breakfast, we drive from Kathmandu to Ramechhap (Manthali Airport), which



Spend your free day however you like. Explore the local sights, relax at a café, enjoy optional activities or simply unwind. In the evening, join your guide for a briefing to go over the plans for the days ahead, get important details and ask any questions you may have.

**Accommodation:** Hotel. **Meals included:** morning.

### **Day 3**

#### **Kathmandu - Barpak (1900 m)**

Today, we drive from Kathmandu to Barpak. The road passes through Gorkha and goes up through hills and villages. Barpak is a scenic Gurung village with great mountain views.

**Accommodation:** Lodge. **Meals included:** morning noon evening.

**Transfer:** 7/8 hours drive.

### **Day 4**

#### **Barpak - Laprak (2200 m)**

After breakfast, we climb steadily through forests and along ridges with beautiful views of the mountains. After a scenic walk, you reach Laprak, a traditional Gurung village surrounded by terraced fields.

**Accommodation:** Lodge. **Meals included:** morning noon evening.

**Elevation gain :** 939 m **Elevation loss:** 784 m. **6 hours walking**

### **Day 5**

#### **Laprak – Singla - Khorlabesi (970 m)**

Today the trek to Khorlabesi via Singla, first climbs up to Singla Pass, offering landscape views of Ganesh Himal and surrounding peaks. Then it descends steeply through forests and small villages. You continue downhill until you reach Khorlabesi, a riverside village known for its hot springs and peaceful setting.

**Accommodation:** Lodge. **Meals included:** morning noon evening.

**Elevation gain :** 610 m **Elevation loss:** 1,776 m. **6/7 hours walking.**

### **Day 6**

#### **Khorla besi - Jagat (1370 m)**

After breakfast, we follow the trail through the narrow Bhuri Gandaki Gorge, moving at a steady pace as the river rushes below. The path takes us across a suspension bridge to the other side, where we start a steep climb through terraced hillsides and small settlements. After a final push uphill, we arrive at the charming village of Jagat, with its stone houses and mountain views, marking our entry into the Manaslu Conservation Area.

**Accommodation:** Lodge. **Meals included:** morning noon evening.

**Elevation gain :** 1,342 m **Elevation loss:** 900 m. **5/6 hours walking.**

### **Day 7**

#### **Jagat - Lokpa (2040 m)**



After breakfast, we enter the gateway to the Tsum Valley and start a gradual ascent toward the village of Philim. The trail winds through pine forests and terraced fields, with occasional glimpses of local life along the way. As we climb higher, the landscape opens up to reveal beautiful views of the Ganesh Himal and Shringi Himal ranges. Continuing on a quieter path, we eventually reach the secluded village of Lokpa, nestled on a forested ridge and offering a peaceful resting place for the night.

**Accommodation:** Lodge. **Meals included:** morning noon evening.  
**Elevation gain :** 1,150 m **Elevation loss:** 250 m. **5/6 hours walking.**

## **Day 8**

### **Lokpa - Chumling (2316 m)**

Today, we steep descent through dense pine and rhododendron forests. The narrow, rocky trail winds down to the river, where you cross a long suspension bridge over the Shiar Khola. From here, the trail climbs steadily uphill along a forested ridge, offering occasional glimpses of surrounding hills and distant snow peaks. As you ascend, you pass small waterfalls, mani walls and prayer flags that reflect the deep spiritual atmosphere of the region. After hours of trekking, you reach **Chumling**, a charming village with stone houses, ancient monasteries and scenic views of Ganesh Himal. This section of the trail is moderately challenging and rich in both natural beauty and cultural experiences.

**Accommodation:** Lodge. **Meals included:** morning noon evening.  
**Elevation gain :** 250 m **Elevation loss:** 90 m. **3/4 hours walking**

## **Day 9**

### **Chumling - Chhokangparo (3010 m)**

Today, our path continues along the river's right bank, with occasional rises and dips. At the junction of the Syar and Sarpu rivers, we come across a beautiful chorten and cross a suspension bridge. We then walk through the picturesque village of Gho and begin our ascent to Chhokungparo.

**Accommodation:** Lodge. **Meals included:** morning noon evening.  
**Elevation gain :** 700 m. **Elevation loss:** 200 m. **4/5 hours walking.**

## **Day 10**

### **Chhokangparo – Chule–Nile (3361 m)**

After finishing breakfast, we make our way through several Tibetan settlements, we stop to explore the peaceful Rachen Gompa monastery at 3,240 metres. Perched above the village on a cliff, the Piren Phu hermitage holds spiritual significance, believed to be where Milarepa meditated — his footprint still marked in the cave. We then continue in the direction of the Nile.

**Accommodation:** Lodge. **Meals included:** morning noon evening.  
**Elevation gain :** 300 m. **Elevation loss:** 450 m. **5/6 hours walking**

## **Day 11**

### **Nile – Mu Gompa (3700 m)**

Today, we make our way up to Mu Gompa Monastery, the final settlement before reaching the Tibetan border. This historic monastery, built between 1895 and 1936 by a high lama from Bhutan and restored in



1998, is a well-known centre for meditation affiliated with the Gelugpa monastery of Kopan near Kathmandu. Its main prayer hall honours Chenrezig, the Buddha of Compassion. From here, we take a scenic balcony path for about 45 minutes to visit the Choyong Gompa nunnery, enjoying beautiful mountain views and glimpses of the ancient caravan route to Tibet.

**Accommodation:** Lodge. **Meals included:** morning noon evening.  
**Elevation gain :** 700 m **Elevation loss:** 100 m. **4/5 hours walking.**

## **Day 12**

### **Mu Gompa - Rachen Gompa (3020 m)**

After breakfast, we trek to Rachen Gompa - mostly downhill and easy. You follow the trail along the Shiar Khola, passing yak pastures, mani walls and chortens. As you go lower, the area becomes greener. After a few hours, you reach Rachen Gompa, a peaceful nunnery surrounded by fields and traditional houses.

**Accommodation:** Lodge. **Meals included:** morning noon evening.  
**Elevation gain :** 250 m **Elevation loss:** 100 m. **4 hours walking.**

## **Day 13**

### **Rachen Gompa - Dumje (2440 m)**

Our day starts with a gentle descent, allowing us to ease into the rhythm of the trail as we move through terraced fields and scattered pine forests. The path winds slowly downward, offering sweeping views of the surrounding hills and distant snow-capped peaks. After this calm introduction, the terrain starts to change—growing steeper and more rugged. We carefully navigate a sharper descent, the trail cutting through dense woodland and rocky outcrops. As we descend further, the distant rooftops of Dumje come into view, nestled in a quiet valley below. This small village, surrounded by farmland and prayer flags fluttering in the breeze, marks the end of this leg of our journey and offers a peaceful setting to rest and reconnect with the rhythm of the mountains.

**Accommodation:** Lodge. **Meals included:** morning noon evening.  
**Elevation gain :** 150 m **Elevation loss:** 1000 m. **4/5 hours walking.**

## **Day 14**

### **Dumje – Lungdang Gumpa (3290 m)**

Today, from Dumje, the trail starts to climb steadily, winding through lush forest filled with rhododendrons, pines, and occasional glimpses of wildlife. As we gain altitude, the air grows cooler and the views more expansive. The path, though narrow and sometimes steep, rewards us with a sense of seclusion and serenity. After several hours of ascent, we reach Lungdang Gumba, a remote monastery perched high on the hillside. Surrounded by prayer flags and backed by dramatic mountain scenery, the Gumba offers a peaceful retreat and a rare glimpse into the spiritual life of the region's Tibetan Buddhist community.

**Accommodation:** Lodge. **Meals included:** morning noon evening.  
**Elevation gain 1000 : m Elevation loss:** 100 m. **4 hours walking.**

## **Day 15**



### **Lungdang Gumpa - Ripchet (2468 m)**

We commenced our ascent to Ganesh Himal Base Camp early in the morning. The undulating trail led us through forests of oak, rhododendron and conifer, offering a tranquil and scenic journey. Along the way, we passed through the charming village of Ripchet, where we were rewarded with beautiful views of the surrounding peaks.

**Accommodation:** Lodge. **Meals included:** morning noon evening.  
**Elevation gain :** 100 m **Elevation loss:** 900 m. **4/5 hours walking.**

### **Day 16**

#### **Ripchet - Dobhan (1070 m)**

After a fresh morning, the trail from Dobhan starts with a gentle descent through oak and rhododendron forests. It then becomes steeper and rockier as we move down into the valley, where the forest gradually opens up to reveal scenic views before reaching the tranquil village of Dobhan.

**Accommodation:** Lodge. **Meals included:** morning noon evening.  
**Elevation gain :** 40 m **Elevation loss:** 1260 m. **5/6 hours walking**

### **Day 17**

#### **Dobhan – Kathmandu**

Today, we drive to Kathmandu by jeep, depending on road conditions. The route follows the Budi Gandaki River down to Arughat or Soti Khola, then joins the main highway through Gorkha, Muglin and finally reaches Kathmandu. It's a long but scenic journey through hills, rivers, and villages.

**Accommodation:** Hotel. **Meals included:** morning.  
**Transfer:** 8/9 hour drive.

### **Day 18**

#### **Kathmandu – Souvenirs day, sightseeing day or free day.**

Among the option, if you are heading for sightseeing, this day-day cultural tour will offer you a well-rounded experience of Kathmandu's history, spirituality and art while being guided by an expert, certified who can enrich your understanding of the city's unique heritage.

Here's a suggested itinerary and price that balances history, culture and local experiences. Maximum visited only three sites in day.

- Swayambunath
- Bhaktapur
- Boudhanath
- Patan Darbar square
- Kathmandu Darbar square

In this price, an expert and certified cultural and tour guide a vehicle reserved and a professional driver for whole during the sightseeing.

2-3 pp 70€, 4-6 pp 50€, 7-10 pp 35€, 11-15+ 30€

### **Day 19**

#### **Back to the native land**



According to your flight schedule the grand departure. We will come to drive you to the airport.

### **What's included**

- Ground travel as specified in the programme.
- Domestic flights as described.
- Accommodation as described in the programme.
- Hotel as described in the programme.
- Meals as described in the programme.
- Entrance fee to Annapurna Park.
- Professional guide
- Assistance from a local team during the trek.
- A first aid kit.
- 1 porter for 2 clients

### **What's not included**

- Travel Insurance
- International flight
- Tips for porters and other trek staff
- Drinks, souvenirs, Wifi internet, etc.
- Anything not listed under " price includes

### **Personal Expenses**

Trekking in Nepal includes most major costs, but PERSONAL EXPENSES vary depending on individual spending habits. On average, €200 (\$200-250 USD) should cover:

- Beverages – Soft drinks, tea, coffee, and alcoholic drinks (prices increase with altitude).
- Snacks & Extras – Chocolates, energy bars, and personal food purchases along the trek.
- Souvenirs – Handicrafts, prayer flags, and traditional items from trekking villages.
- Tips for Guides & Porters – Tipping is customary in Nepal; recommended \$5-\$10 per day for guides and \$3-\$5 for porters.

### **Tips and gratitude**

Tipping is a long-standing tradition in the adventure sector in Nepal and a meaningful way to show appreciation for the hard work of guides, porters, and trekking staff. While not mandatory, it is customary to tip at the end of the trek, usually as a group, to ensure a fair and organised distribution. Your trek guide will advise on an appropriate amount based on the trek duration and team size. Many groups present tips with a small farewell gathering or celebration on the last evening, marking the end of their trek. Additionally, trekkers often choose to donate equipment such as boots, gloves, hats, scarves, and trekking poles to the porters and crew. These items are highly valued and appreciated, especially by those working in the mountains. Tour leaders can be tipped separately during the final group dinner in Kathmandu or Pokhara. Though not



obligatory, a small personal token of gratitude for their efforts enhances the spirit of mutual respect and appreciation.

### **Best time to visit Nepal**

Frankly, Nepal is an all-season tourism destination. However, for adventure enthusiasts, there are 2 major seasons to visit Nepal. Here is a detailed look at the seasons and their weather patterns in Nepal for you to decide when best to visit:

Season	Months	Weather Characteristics	Trekking Conditions
Spring	March – May	Mild temperatures, clear skies, blooming rhododendrons	Excellent for trekking, colorful landscapes
Summer/ Monsoon	June – August	Heavy rainfall, humid, cloudy	Difficult due to slippery trails and poor visibility
Autumn	September – November	Stable weather, clear skies, moderate temperatures	Best season for trekking, peak tourist time
Winter	December – February	Cold temperatures, snowfall at high altitudes	Suitable for lower-altitude treks, high passes may be closed

### **Weather condition in spring (March -May)**

#### **Average Temperature:**

- Kathmandu & Pokhara: 10°C – 30°C
- Everest Base Camp & Annapurna Base Camp: 5°C – 15°C
- weather, clear mornings, occasional afternoon clouds.
- Flowers and rhododendrons bloom, making the trails scenic.
- increasing humidity in late May, signalling the approaching monsoon
- Everest 3 Passes Trek – Best visibility of Everest.
- Peak Peak Trek– Best for rhododendrons, Sherpa culture and mountains.
- Annapurna Regions – Best for rhododendrons, lush landscapes and moderate temperatures.
- Langtang Valley Trek– Ideal for nature lovers with vibrant forests and mountain

### **Weather condition in Summer (june - august)**

#### **Average Temperature:**

- Kathmandu & Pokhara: 20°C – 35°C
- Everest Base Camp & Annapurna Base Camp: 0°C – 20°C

#### **Weather & Conditions:**

- Heavy rainfall (average 200–500 mm per month), especially in July and August.
- Frequent landslides and flight cancellations, especially in hilly areas.
- Leeches on lower-altitude trails due to humidity.

#### **Best Treks for Summer: (Only in rain-shadow areas with minimal rainfall)**





- Upper Mustang Trek – Lies behind the Himalayas, shielded from the monsoon.
- Dolpo Trek – Dry, high-altitude desert with unique Tibetan culture.

### **Weather condition in Autumn (September - November) Best Trekking Season**

#### **Average Temperature**

- Kathmandu & Pokhara: 10°C – 28°C
- Everest Base Camp & Annapurna Base Camp: -5°C – 15°C

#### **Weather & Conditions:**

- Stable weather, crystal-clear skies, and moderate temperatures.
- Best visibility of Himalayan peaks, making it the most popular season.
- Crowded trekking trails, especially on Everest Base Camp and Annapurna Circuit.

#### **Best Treks for Autumn:**

- Everest Base Camp Trek – Peak visibility of Everest.
- Manaslu Circuit Trek – Challenging but scenic and less crowded.
- Gokyo Lakes Trek – Stunning turquoise glacial lakes

### **Weather condition in Winter (December - February)**

#### **Average Temperature:**

- Kathmandu & Pokhara: 2°C – 20°C
- Everest Base Camp & Annapurna Base Camp: -15°C – 10°C

#### **Weather & Conditions:**

- Cold temperatures, snowfall at higher elevations.
- Shorter daylight hours, some high passes (e.g., Thorong La) may be closed.
- Fewer trekkers, offering solitude.

#### **Best Treks for Winter: (Lower-altitude treks to avoid extreme cold)**

- Ghorepani Poon Hill Trek – Short, scenic trek with snow-capped views.
- Everest Panorama Trek – Lower-altitude trek with Everest views.
- Helambu Trek – Close to Kathmandu, no high passes.

#### **Best Treks in summer season**

- Upper Mustang Trek – Lies behind the Himalayas, shielded from the monsoon.
- Dolpo Trek – Dry, high-altitude desert with unique Tibetan culture.

### **Best Trekking Destination in Nepal**

This is tough to say because every destination in Nepal is a wonder on itself. Broadly, from adventure perspective, you'll find two major types of destinations. The first ones are the most popular ones which often are the most accessible and will have huge number of trekkers in seasons. These destinations often have a long history of exploration and something of global sensation what make them popular every year. These destinations include:

- Everest Base Camp Trek
- Annapurna Circuit Trek
- Annapurna Sanctuary Trek



- Upper Mustang Trek
- Upper Dolpo Trek
- Langtang Valley Trek
- Manaslu Circuit Trek, etc.

Then there are these other groups of destinations which are not as popular but offer an unmatched level of serenity, peace and wilderness that is hardly found anywhere. They offer the true sense of adventure, experience and the thrill of exploration. These destinations in Nepal include:

- Ruby Valley Trek
- Tamang Heritage Trail
- Api Himal Base Camp Trek
- The Great Himalayan Trail
- Makalu Base Camp Trek
- Sherpini Col Trek
- Kanchenjunga Base Camp Trek
- Dhaulagiri Circuit Trek
- Sisine Himal Trek, and so on.

The choice of your destination depends on your time, cost, and the experience you wish to have.

### **Food and Accommodation in Nepal**

Food (meal plan) and accommodation are among the most important things when in Nepal and in course of the trek. Please make sure to let the booking agency know of your allergies if you have any and also let them know if you are in any personal medication and need special attention at any time during the trek

### **Accommodation in Kathmandu & Pokhara**

- Hotel Standards – Most trekkers stay in 2-3 star hotels in Thamel (Kathmandu) or Lakeside (Pokhara) before and after trekking.
- Twin-Sharing Basis – Standard bookings are twin-sharing, but single rooms can be arranged at an extra cost.
- Facilities – Hotels offer hot showers, Wi-Fi, laundry services, and 24-hour electricity.

### **Accommodation in Trekking Regions**

- Teahouses / Lodges – These are family-run guesthouses with dorm-style or twin rooms.
- Basic Bedding – Rooms have wooden beds, foam mattresses, blankets, and pillows, but heating is not available in most lodges.
- Shared Bathrooms – Most lodges have shared toilets and limited hot water (solar-heated in some places).
- Dining Areas – Warm communal dining halls serve as social hubs for trekkers.



- Electricity & Wi-Fi – Available in lower-altitude teahouses but may require extra charges at higher altitudes.
- No Single Rooms at Higher Altitudes – In remote areas, multi-bedded rooms may be the only option.

### **Meals in Kathmandu & Pokhara**

- Breakfast & Dinner – Served at hotels or local restaurants.
- Wide Food Selection – Includes Nepali, Indian, Chinese, and Western cuisine.
- Popular Dishes – Dal Bhat (lentils & rice), Momos (dumplings), Thukpa (Tibetan noodle soup), pizza, pasta, curries, and grilled meats.

### **Meals During Trekking**

- Standard Trekking Meal Plan – Breakfast, lunch, and dinner included in most trekking packages.
- Dining at Lodges – Meals are prepared in teahouse kitchens, with all trekkers typically eating the same menu.
- Ordering in Advance – Due to limited supplies in remote areas, meals must be ordered in advance.

### **Common Meals on Treks**

- Breakfast: porridge, pancakes, Tibetan bread, chapati, eggs, tea/coffee.
- Lunch & Dinner: Dal Bhat (lentil soup, rice, vegetables), noodles, pasta, potatoes, soups, and curries.
- Vegetarian Options Available: Meat is available at lower altitudes but not recommended at high altitudes due to storage concerns.
- Soup & Hydration: Garlic soup is often recommended as it helps with acclimatisation.

### **Water & Hydration**

- Drinking Water Safety – Tap water is not safe for drinking in Nepal.
- Filtered/Boiled Water Provided – Teahouses offer boiled or filtered water (often at extra cost).
- Water Purification Recommended – Trekkers should bring purification tablets, LifeStraw, or Water-to-Go bottles.
- Avoid Plastic Bottles – Buying bottled water is expensive and environmentally harmful.

### **Visa on Arrival**

Nepal offers Visa on Arrival for most nationalities at Tribhuvan International Airport (TIA) in Kathmandu and certain land border checkpoints. The process is straightforward:

1. Fill out the visa application form (available online at Nepal Immigration or at the airport).
2. Submit a passport-sized photo (carrying one is advisable).
3. Pay the visa fee (preferably in USD). Visa Fees (as of 2025)
  - 15 Days – \$30 USD
  - 30 Days – \$50 USD
  - 90 Days – \$125 USD

Multiple Entry – Additional \$20 USD (if you need to leave and re-enter Nepal)



### ***Visa from Nepalese Embassies & Online Application (e-Visa)***

- Travelers can also obtain visas from Nepalese embassies or consulates before arrival.
- Online application (e-Visa) is available via the official Nepal Immigration website (<https://www.immigration.gov.np/>).

### ***Visa Extensions***

- Available at the Department of Immigration in Kathmandu or Pokhara.
- Costs \$3 per day after the original visa expires.
- Minimum extension is 15 days (\$45 USD), and maximum is up to 150 days per calendar year.

### ***Visa Exemptions***

- Indian nationals do not require a visa to enter Nepal.
- SAARC country citizens (except Afghanistan) get a free 30-day visa on their first visit in a year.
- Children under 10 years old are exempt from visa fees.

### ***Restricted Areas & Special Permits***

Certain trekking regions, such as Upper Mustang, Upper Dolpo, and Manaslu, require special permits in addition to the standard visa. These must be arranged through a registered trekking agency.

### ***Entry Points for Visa on Arrival***

**Apart from Kathmandu Airport, visas can also be obtained at:**

- Kakarbhitta (Eastern Nepal, near India)
- Birgunj (Central Nepal, near India)
- Bhairahawa (Western Nepal, near Lumbini)
- Nepalgunj (Mid-Western Nepal, near India)
- Dhangadhi (Far-Western Nepal, near India)
- Mahendranagar (Far-Western Nepal, near India)
- Rasuwagadhi (Near Tibet-China border)

### ***Notes for passports***

- Passport validity: Your passport must be valid for at least six months from your arrival date.
- Proof of onward travel: Immigration may ask for a return flight ticket or itinerary.
- Visa payment: Cash payments in USD, Euro, or major currencies are accepted (credit cards may not be an option at some entry points).

### ***Insurance***

Travel insurance is mandatory for many trekking routes in Nepal, including Everest Base Camp, Annapurna Circuit, Manaslu, and Upper Mustang. Given Nepal's rugged terrain, high altitudes, and



limited healthcare facilities in remote areas, a comprehensive insurance policy ensures financial protection in case of emergencies.

**When purchasing insurance for Nepal, ensure it covers the following:**

**1. High-Altitude Trekking & Mountaineering**

- Standard travel insurance may not cover trekking above 3,000 meters (9,842 ft).
- Policies must include coverage up to 6,000 meters (19,685 ft) if trekking to Everest Base Camp, Annapurna, or other high-altitude destinations.
- Climbers attempting peaks above 6,000m (e.g., Island Peak, Mera Peak) require mountaineering-specific insurance.

**2. Emergency Helicopter Evacuation**

- Helicopter rescue costs \$5,000 – \$10,000 USD per evacuation in Nepal.
- Ensure your policy explicitly includes air evacuation in remote areas.
- Some insurers may require pre-authorization, so confirm the claim process in advance.

**3. Medical Expenses & Hospitalization**

- Coverage should include treatment for altitude sickness (AMS, HAPE, HACE), fractures, infections, and general injuries.
- Kathmandu has high-quality private hospitals, but serious cases may require medical evacuation to Thailand or India.

**4. Trip Cancellation & Delays**

- Due to unpredictable weather, flights to Lukla (Everest region) and Jomsom (Annapurna region) are frequently delayed or canceled.
- A good policy should cover trip cancellations, rescheduling fees, and extra accommodation costs.

**5. Lost or Stolen Gear**

- Nepal is generally safe, but lost luggage, stolen equipment, or damage to personal belongings can happen.
- Policies should cover trekking gear, cameras, and electronics.

**Recommended Insurance Providers**

- Reliable insurance providers for Nepal trekking include:
- World Nomads – Covers trekking up to 6,000m, medical, evacuation, and delays.
- Global Rescue – Specializes in helicopter evacuation and high-altitude trekking coverage.
- Allianz Travel Insurance – Comprehensive trip cancellation and medical coverage.
- Trawick International – Covers adventure sports, including peak climbing.
- True Traveller (for EU/UK residents) – Covers altitude trekking and medical emergencies.

**Things to Check Before Buying Insurance**

- Read the fine print – Some policies exclude high-altitude activities unless specified.
- Ensure the policy covers Nepal – Some insurance providers exclude certain countries.
- Confirm the claim process – Check how to contact insurers in case of an emergency.



- Carry a printed copy – Some lodges and trekking agencies may require proof of insurance before issuing permits.

### ***Cost of Travel Insurance for Nepal***

- Basic trekking insurance (up to 3,000m) → \$50 – \$100 USD per trip
- High-altitude trekking insurance (above 5,000m) → \$150 – \$300 USD per trip
- Climbing insurance (6,000m+ peaks) → \$500+ USD per trip

Having the right insurance policy ensures you are financially and medically protected during your Nepal trek. Always verify coverage details before purchasing.

### **Gears and Equipment Recommended for Trekking in Nepal**

Pushing in thin air in the piercing wind, freezing cold is never an easy thing to undertake. Himalayan treks often demand a high level of strength and endurance and a similar level of gear and equipment which can withstand the harshness of a mountain. Here is a complete list of gears and equipment we recommend for trekking in Nepal Himalaya:

#### **Clothing (Layering System for Trekking)**

Nepal's trekking regions experience temperature variations from 30°C (lower altitude) to -10°C (higher altitude). A proper layering system ensures adaptability to changing conditions.

#### **Base Layer (Moisture-Wicking, Breathable)**

- 2-3 Thermal tops (Merino wool or synthetic)
- 2-3 Thermal bottoms (leggings or long underwear)

#### **Mid Layer (Insulation for Warmth)**

- Fleece jacket or down jacket (for warmth)
- Softshell jacket or light insulated vest (for layering)

#### **Outer Layer (Waterproof, Windproof Protection)**

- Gore-Tex or equivalent waterproof shell jacket
- Waterproof hiking pants

#### **Trekking Shirts & Pants**

- 3-4 Quick-dry T-shirts (synthetic or Merino wool)
- 2-3 Convertible trekking pants (zip-off style preferred)

#### **Cold Weather Gear (For High-Altitude Regions)**

- Down jacket (800-fill recommended for subzero temperatures)
- Thermal gloves & mittens
- Insulated trekking pants

#### **Rain Gear (Essential for Monsoon Season Treks)**

- Lightweight rain jacket (Gore-Tex or similar)



- Rain cover for backpack

## **Footwear (For Different Trail Conditions)**

### **Trekking Boots**

Waterproof, high-ankle support boots (break them in before the trek)

### **Camp Shoes / Sandals**

For walking around lodges and teahouses

### **Socks (Moisture-Wicking, Warmth-Retaining)**

3-4 pairs Merino wool trekking socks (for cold and warmth regulation)

2 pairs liner socks (to prevent blisters)

### **Gaiters (For Snow & Muddy Trails)**

Recommended for Everest, Annapurna, and Manaslu treks in winter

## **Accessories & Trekking Essentials**

### **Backpacks & Bags**

- 50-70L Backpack (for self-supported treks)
- Daypack (25-35L for guided treks with porters)
- Dry bags or waterproof pouches for electronics and important documents

### **Sleeping Gear**

- Sleeping bag (rated -10°C to -20°C for high-altitude treks)
- Sleeping bag liner (for extra warmth & hygiene)

### **Hiking Accessories**

- Trekking poles (collapsible, lightweight)
- Headlamp (with extra batteries)
- Sunglasses (UV protection, polarized)
- Water bottles (Nalgene or insulated flasks, 2L capacity minimum)
- Hydration bladder (optional but useful for easy access to water)

### **Navigation & Safety Gear**

- Map & Compass (or GPS device if trekking solo)
- Multi-tool knife (Swiss Army or equivalent)

### **First Aid Kit & Medication**

- Personal prescription medications
- Diamox (for altitude sickness, if advised by a doctor)
- Painkillers (ibuprofen or paracetamol)
- Blister treatment (Compeed, Moleskin patches)



- Bandages & antiseptic wipes

### Personal Hygiene & Toiletries

- Biodegradable soap & shampoo
- Toilet paper & wet wipes
- Lip balm (SPF protection for dry, cold air)
- Sunscreen (SPF 50+)

### Electronics & Communication

- Power bank (10,000-20,000mAh)
- Solar charger (for remote trekking routes)
- Local SIM card (NCELL or Nepal Telecom for network coverage)

### Optional But Useful Gear

- Buff / Neck Gaiter – Protects against dust, sun, and cold.
- Lightweight Book / Journal – For downtime in teahouses.
- Snacks & Energy Bars – Available in cities but expensive in trekking areas.
- Duct Tape / Repair Kit – Useful for gear repairs on the trail.

Remember, especially the body gears should be better tested for safety as you can't afford to have gears that malfunction in high altitude. So, avoid knock off brands which might save you a bit initially but can eventually cost an entire adventure.

### Altitude Sickness in Trekking

Altitude sickness, also known as Acute Mountain Sickness (AMS), occurs when the body fails to adapt to lower oxygen levels at high altitudes. It typically affects trekkers above 2,500 meters (8,200 ft) and can range from mild discomfort to life-threatening conditions. There are different types of altitude sickness. AMS is the most common and is the first stage in getting altitude sickness. AMS if left unchecked goes on to become dangerous.

Type	Symptoms	Altitude Range	Severity
Acute Mountain Sickness (AMS)	Headache, nausea, dizziness, fatigue, loss of appetite, difficulty sleeping	2,500m – 5,500m (8,200ft – 18,000ft)	Mild to Moderate
High Altitude Pulmonary Edema (HAPE)	Shortness of breath, persistent cough (frothy sputum), chest tightness, blue lips/nails	Above 3,500m (11,500ft)	Severe & Life-Threatening
High Altitude Cerebral Edema (HACE)	Confusion, loss of coordination (ataxia), severe headache, unconsciousness	Above 4,000m (13,100ft)	Fatal if Untreated

**Note:** HAPE and HACE are medical emergencies that require immediate descent and oxygen treatment.

### Risk Factors for Altitude Sickness





- Rapid Ascent – Climbing too quickly without proper acclimatization.
- Genetic Susceptibility – Some individuals are naturally more prone.
- Dehydration & Overexertion – Increases symptoms of AMS.
- Previous History of AMS – Higher risk if experienced before.

## Prevention Strategies

### 1. Follow the "Golden Rule" – Climb High, Sleep Low

- Never ascend more than 500m (1,640ft) per day above 3,000m. Or simply, follow your guide
- Every 1,000m (3,280ft) gain, take a rest/acclimatization day.

### 2. Stay Hydrated & Maintain Nutrition

- Drink 3-4 liters of water daily to avoid dehydration.
- Eat carbohydrate-rich meals to sustain energy levels.

### 3. Avoid Alcohol & Sleeping Pills

- Alcohol dehydrates and worsens oxygen absorption.
- Sleeping pills suppress breathing and can increase AMS risk.

### 4. Use Acclimatization Stops

- Everest Base Camp Trek: Acclimatization at Namche Bazaar (3,440m) & Dingboche (4,410m).
- Annapurna Circuit: Rest at Manang (3,540m) before crossing Thorong La.

### 5. Medication (For High-Risk Trekkers)

- Diamox (Acetazolamide) – Helps prevent AMS; start 125-250mg twice daily before ascent.
- Dexamethasone – Emergency treatment for severe altitude sickness.
- Nifedipine – Used for HAPE cases.
- Please note that these medicines require a medical professional's prescription and can't be consumed haphazardly.

### 6. Descend Immediately if Symptoms Worsen

- If mild AMS symptoms persist, descend at least 300m (1,000ft).
- If HAPE or HACE symptoms occur, descend immediately with medical help.
- Emergency Treatment & Evacuation in Nepal
- Supplemental Oxygen – Available in some lodges and hospitals.
- Gamow Bag (Portable Altitude Chamber) – Used in extreme cases.
- Helicopter Evacuation – Costs \$5,000 – \$10,000 USD (covered by good insurance).

## Travel Advisory for Nepal

Before travelling to Nepal, it's important to stay informed about safety, health, and entry requirements. Below is a detailed travel advisory covering safety, health guidelines, political stability, and essential travel tips.

## Health & Vaccinations

- Required Vaccines: No mandatory vaccines for entry, but the following are recommended:
- Hepatitis A & B – Due to potentially contaminated food or water.
- Typhoid – For protection against foodborne illnesses.
- Rabies – If planning extended stays in remote areas.



- Tetanus & Diphtheria – Basic precaution.
- Malaria & Dengue: Malaria risk is low in Nepal's trekking regions but present in southern Terai areas (Chitwan, Lumbini).
- Dengue outbreaks occur seasonally (especially during the monsoon). Use mosquito repellent and wear long sleeves in affected areas.

### **Political Stability & Security**

- General Safety: Nepal is politically stable and safe for travellers.
- Border Security: Certain trekking areas (e.g., Upper Mustang, Manaslu) require special permits. Travel to remote border regions (Tibet, India) may be restricted without prior approval.

### **Natural Hazards & Trekking Safety**

- Earthquakes: Nepal lies in a seismically active zone. Follow emergency protocols in case of tremors.
- Landslides & Flooding: Monsoon season (June–August) increases risks of landslides and road blockages. Trekkers should avoid landslide-prone areas and check the weather forecast before trekking.
- Avalanches & Glacial Lake Outbursts: Winter and spring treks in high-altitude areas (Everest, Annapurna, Manaslu) may be affected. Hiring an experienced guide is strongly recommended. Our guides are well trained in avalanche safety and glacial hazards.

### **Crime & Personal Safety**

- Crime Rate: Nepal has a low crime rate, but petty theft and scams exist.
- Common Scams: Overpriced taxis – Always negotiate fares or use ride-hailing apps.
- Fake trekking permits – Only book with registered trekking agencies. Booking with us gives you mental relief.
- Donation fraud – Verify NGOs before donating.
- Solo Travellers: Nepal is safe for solo travellers, including women, but trekking alone is not recommended in remote areas.

### **Transportation Safety**

- Domestic Flights: Mountain weather can cause delays in flights to Lukla, Jomsom, and Pokhara. Book flexible return tickets in case of cancellations.
- Road Travel: Roads in Nepal are poorly maintained, and bus travel can be dangerous. Hiring a private vehicle with a driver is the safest option.

### **Communication & Emergency Contacts**

- IM Cards & Internet: NCELL and Nepal Telecom (NTC) offer prepaid SIM cards for tourists. The internet is available in major cities but can be unreliable in remote trekking areas.
- Emergency Numbers:
  - Tourist Police: 1144
  - General Police: 100
  - Ambulance: 102
  - Nepal Immigration Office: +977 1-4113045

### **About Nepal**

Nestled between India and China, Nepal is a stunning landlocked nation in South Asia. Nepal is renowned for having the highest mountain in the world, Mount Everest, and for its breathtaking Himalayan scenery, rich



cultural legacy, and friendly people. Lord Buddha was born there, and it's a popular destination for hikers, climbers, and adventurers. A vibrant and spiritual destination, Nepal is remarkably diversified in terms of race, language, and religion despite its tiny size.

#### Total Population of Nepal

- As of 2025, Nepal has a population of approximately **31.5 million** people.
- The population is diverse, with over 100 ethnic groups and languages.

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#### Nepalis Working Abroad

- Roughly **15–20%** of Nepal's population is working overseas, mostly in countries like **India, Malaysia, Qatar, UAE, and Saudi Arabia**.
- **Remittances** from these workers make up about **20–25% of the national GDP**, making it a major part of the economy.

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#### Condition of Youth in Nepal

- Many youths are **unemployed or underemployed**, even after getting a degree.
- Due to limited job opportunities and political instability, a significant number choose to **migrate abroad** for work.
- Despite challenges, Nepali youth are **resilient, talented, and active** in fields like tech, tourism, and entrepreneurship.

#### Current Condition of Nepal

- Nepal is a **developing country** with immense natural beauty and potential, especially in tourism and hydropower.
- Major challenges include **poverty, unemployment, infrastructure issues**, and a high dependency on foreign aid and remittance.
- There's a growing **urban-rural gap**, and many remote areas still lack basic services.

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#### Political Situation

- Nepal is a **federal democratic republic**, but its political landscape is often **unstable and fragmented**.
- Frequent changes in government, internal party conflicts, and a lack of long-term vision have slowed national progress.
- Citizens are hopeful for **better leadership and accountability**, especially from the younger generation of politicians.