



## UPPER MUSTANG 19 days | RR No: N208233

Upper Mustang: Where Ancient Kingdoms Meet the Himalayan Sky

### Highlight information

- ✓ Lo Manthang: Explore the ancient walled city, the last forbidden kingdom of Nepal.
- ✓ Sky Caves: Mysterious caves carved into cliffs, holding ancient Buddhist artifacts.
- ✓ Tiji Festival: A three-day Buddhist festival promoting world peace.
- ✓ Muktinath Temple: A sacred site for both Hindus and Buddhists.
- ✓ Kaligandaki Gorge: One of the world's deepest canyons.
- ✓ Unique Landscapes: Arid terrain, towering cliffs and beautiful Himalayan views.
- ✓ Rich Tibetan Culture: Experience monasteries, prayer flags and traditional villages.
- ✓ Restricted Trekking Area: Requires special permits, offering an exclusive experience.

### Overview

Upper Mustang, known as the "Last Forbidden Kingdom," is a unique place where Tibetan-influenced culture is still well preserved. Set in Nepal's dry, high-altitude region, it features ancient monasteries, cave homes, and the historic walled city of Lo Manthang. As a restricted area, you must travel with a guide. It's also one of the few treks in Nepal you can do during the summer monsoon, offering a deep cultural and spiritual experience. This trek is less difficult than round Mustang.

### Important notice !

#### ***Why do we choose private transport instead of flights for the Mustang trek?***

We prefer using private vehicles because road conditions have significantly improved in recent years, making land travel more reliable and comfortable. In contrast, mountain flights are often delayed or canceled due to unpredictable weather, causing unnecessary stress and schedule changes. Private transport is not only more dependable but also more affordable and flexible, allowing us to manage the itinerary smoothly and ensure a better experience for our guests.

### 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



### Day 1

#### Arrive Kathmandu (1350 M). 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**

### Day 2

#### Kathmandu - Pokhara

We drive to Pokhara with a scenic lakeside city, beautiful views of the Annapurna range. Home to the Magars, Gurungs and Thakalis, this region is rich in culture and history. Upon arrival, enjoy free time to relax at lakeside cafés, rent a boat on Phewa Lake or prepare for your trek. Shops along the main streets offer local crafts, international food and any gear you may need.

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

**Transfer: 5/6 hours drive.**



## Day 3

### Pokhara – Jomsom - Kagbeni (2,800 m)

We start the day early with a private jeep ride along the Kaligandaki Valley, jumping up between Nilgiri and Dhaulagiri, with the Annapurna mountain range surrounding us. Upon arrival in Kagbeni, the gateway to Mustang, we meet our local team, including porters and assistant guides.

**Accommodation: Lodge. Meals included: morning afternoon.**

**Transfer: 5/6 hours drive.**

## Day 4

### Kagbeni - Tange (3240 m) - Chhusang (2980 m) - Chele (3070 m)

This day takes you through spectacular landscapes along the ancient Mustang Highway. The climb to the village of Tenge is quite steep but rewarding, with a beautiful chorten and the impressive 800 years old, Menchin Lhakhang Monastery to explore. We pass through the village of Chhusang and continue onwards to the Gula Pass at 4,070 metres. From there, the path follows the dramatic Kali Gandaki gorges, leading us to the village of Chele.

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

**Elevation gain: 705 m. Elevation loss: 483 m. 6 hours walking.**

## Day 5

### Chele - Samar (3,600 m)

From Chele, we walk along the riverbank before the trail slowly climbs to Taklam Pass. At the top, we enjoy amazing views of Nilgiri, Tilicho Peak and the village of Gyakar across the valley. Samar is a small village offering a peaceful atmosphere and a chance to experience traditional Mustang culture.

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

**Elevation gain: 688 m. Elevation loss: 144 m. 6 hours walking.**

## Day 6

### Samar – Syanbochen (3800 m) - Gheling (3,570 m)

This section is fairly easy, despite crossing several mountain passes around 4,000 metres. Yamdo La, at 4,010 metres, is the highest point of the day. After passing the small village of Syanbochen, we descend to Gheling. Along the way, we stop at the ancient Sakyapa Monastery.

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

**Elevation gain: 766 m. Elevation loss: 831 m. 6 hours walking.**

## Day 7

### Gheling – Dhakmar (3,810 m )

At the start of the day, we ascend toward the Nyi-La Pass, followed by a descent into the village of Ghami, which is nestled among caves. There, we visit the 500 years old monastery, Ghami Shedrup Darkeling Gomba.



After the visit, we continue with a gentle half-hour climb, passing by a mani wall, before reaching the village of Drakmar. We spend the night in a local family's home.

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

**Elevation gain:** 700 m. **Elevation loss:** 513 m. 6 hours walking.

## Day 8

### Dhakmar – Charang (3,580 m)

Today is mostly downhill. Starting from Drakmar, we follow the riverbank to reach the village of Ghara, where we visit Ghara Monastery, a Nyingmapa school founded in 775. The journey then continues with a climb to Morang La Pass at 4,150 meters. From there, we proceed to the village of Tsarang, passing through Lo Ghekar along the way.

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

**Elevation gain:** 244 m. **Elevation loss:** 428 m. 5 hours walking.

## Day 9

### Charang – Lo manthang (3840 m)

Today, we start with a steep downhill, followed by a sharp ascent that leads to a high plateau offering spectacular beautiful views. As we progress, the landscape becomes increasingly dry, with striking layers of colorful rock formations. We then pass through dramatic gorges before reaching the valley of Lo Manthang, the historic capital of Upper Mustang.

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

**Elevation gain:** 741 m. **Elevation loss:** 502 m. 6 hours walking.

## Day 10

### Lo Manthang - Nyamdo (4048) - Lo manthang

Early in the morning, we explore Lo-Manthang and visit the Jamba Lhakhang monastery. In the afternoon, we head to the Gharphu Gomba monastery, known for its ancient and exquisite wall paintings. We then return to Lo-Manthang, passing through the village of Nyaphu.

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

**Elevation gain:** 276 m. **Elevation loss:** 114 m. 5 hours walking.

## Day 11

### Lo Manthang - Day excursion



Early in the morning, you have the opportunity to attend the daily ceremonies at the monasteries of Chhyode Gomba (Sakyapa) or Namgal Gomba. If you wish, you can visit the old palace to meet the king, who will welcome you with a kata as a traditional gesture of hospitality. You can also ask him questions, which his nephew acting as interpreter will gladly answer.

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

## Day 12

### **Lo Manthang - Drakmar (3800m)**

The journey from Lo Manthang to Drakmar is a beautiful and fulfilling stroll across the untamed terrain of Upper Mustang. After a moderate ascent to Chogo La Pass, the day's highest point at about 4,200 metres, the trail descends sharply past red cliffs, tight gorges and caverns. Along the way, you'll pass ancient monasteries like Ghar Gompa and traditional Tibetan-style villages, with amazing views of the Himalayas. The path is rocky and dusty in places, so good shoes and care are important. This trek offers a peaceful mix of nature, culture and adventure.

**Accommodation:** Hotel, Meals included morning noon evening

Elevation gain: 749m, Elevation loss: 764m. 6 hours walking.

## Day 13

### **Drakmar - Ghiling (3810m)**

The hike from Drakmar to Ghiling follows the same trail as before, offering familiar views of red cliffs, caves and chortens. The path is mostly downhill with a few gentle climbs, passing through quiet villages and open, windswept terrain

**Accommodation:** Hotel, Meals included morning noon evening

Elevation gain: 508m, Elevation loss: 761m. 4/5 hours walking.

## Day 14

### **Ghiling - Chhusang (3050m)**

We retrace the trail through Lower Mustang's windswept landscape from Ghiling to Chhusang, enjoying a scenic descent. Along the way, you'll pass charming villages, historic stone walls and expansive views of the Annapurna and Nilgiri ranges. The warming air and changing vegetation mark a pleasant return to the lower valleys. With its distinctive red cliffs and peaceful atmosphere, Chhusang is an ideal stop before continuing your Mustang adventure.

**Accommodation:** Hotel, Meals included morning noon evening

Elevation gain: 1104m, Elevation loss: 1676m. 9/10 hours walking.

## Day 15

### **Chhusang - Muktinath (3612m)**

The trek from Chhusang to Muktinath is a beautiful and peaceful journey. As you climb, the dry valleys change to mountain scenery with great views of Dhaulagiri and Nilgiri. You will pass Jharkot, a traditional Tibetan



village. When you reach Muktinath, a holy place for both Hindus and Buddhists, you can visit its ancient temple, see 108 holy water spouts, and enjoy the quiet mountain setting

**Accommodation:** Hotel, Meals included morning noon evening

**Elevation gain:** 1391m, **Elevation loss:** 596m. 8/9 hours walking.

## **Day 16**

### **Muktinath – Pokhara**

After breakfast, we drive from Muktinath to Pokhara (mostly smooth). The trail descends through dry landscapes and traditional villages like Jharkot and Kagbeni. You then reach Jomsom, a main town in the region. From there, you can take a flight or drive to Pokhara, enjoying views of rivers, waterfalls, and green hills along the way.

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

**Transfer:** 6/7 hours drive

## **Day 17**

### **Pokhara - Kathmandu**

Once breakfast is finished, you will drive back to Kathmandu. Approximately six or seven hours are needed to finish this picturesque drive along the Prithvi Highway.

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

**Transfer:** 6/7 hours 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.
- Peaky 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
- Sisne 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)
- Nepalganj (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.