



Mera Peak Summit & Trek.

Highlight information

- ✓ A traditional villages known for its unique culture, warm hospitality, and terraced fields..
- ✓ A scenic spot along the trail with stunning landscapes and panoramic mountain views.
- ✓ Witness the mesmerizing morning sunrise over the Annapurnas and Dhaulagiri from Poon Hill
- ✓ An extraordinary panorama view of the Annapurna from base camp

Overview

One of Nepal's most visited hiking summits, Mera Peak (6476 m), provides stunning vistas and an exhilarating experience. The journey to Mera Peak travels through an area rich in culture, the terraced agriculture and woodland of Nepal's 'Middle Hills,' passing small villages and settlements inhabited by the tough Sherpas and Rai.

Five of the world's 8000M mountains; Kangchenjunga, Makalu, Lhotse, Everest, and Cho Oyu—are included in the Mera Summit Panorama.

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.

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Grade 5: Very Strenuous/Challenging Treks

- Altitude: Above 6,000 meters
- Duration: 7–9 hours of walking per day
- Terrain: High-altitude passes, glaciers, and technical sections
- Experience Required: Suitable for seasoned trekkers with high-altitude experience
- Examples: Annapurna Circuit with Pisang, Chulu peak via Thorong La Pass, Makalu Base Camp with Larkya peak, Mera peak, 3 passes with Lobuche, Island peak

Itinerary & map



Day1

Arrive Kathmandu (1350m). Transfer to the hotel

Welcome to Nepal at ITA. 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, Transfer: 20 M drive

Technical Gear:

Climbing boots (double boots like La Sportiva G2/Sportiva Baruntse). Crampons (compatible with your boots). Ice axe. Climbing harness. Helmet. Carabiners (locking and on-locking). Ascender (Jumar).Belay/rappel device (ATC or figure 8). Prusik loops / slings.

Clothing:

Down jacket (800 fill or higher). Base layers (synthetic or merino). Insulated gloves and mittens. Waterproof jacket and pants. Warm hat and balaclava. Buff/neck gaiter

Personal:

Headlamp with extra batteries. Sunglasses (category 4 recommended). Sunscreen + lip balm (SPF 50+). Water bottles and/or hydration bladder. Water purification (tablets, Steripen, etc.). Sleeping bag (-20°C or better). Trekking poles. Snacks (energy bars, gels)

NB: If missing something or needing to hire, please let us know at least one month in advance to reserve your technical materials.

Day2

Kathmandu - Ghurmi (574M) - Dhap (2900M)

Early in the morning, drive from Kathmandu to Patale. Following Dulikhel, we progressively descend to the Sunkoshi River and then continue on to Ghurmi. The jeep moves more slowly from Ghurmi to Patale than it did this morning. Dhap / Patale is one of the greatest places to see Mount Everest, Lhotse, Makalu, Kanchenjunga, and a number of other majestic peaks. As we approach the village, the breathtaking views unfold before us, showcasing the grandeur of the Himalayas and inviting us to explore the rich culture and natural beauty that Patale has to offer. Perfect for photographing the snow-capped mountains in breathtaking golden tones at day break and sunset.

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

7/8H driving.



Day 3

Patale - Bung (1800M)

We start the day by climbing early to the View Point, where we may have a great view of the spectacular mountains, including Mount Everest.

Back to the lodge for breakfast, your jeep takes you up to the beautiful Rai village Bung. Visit these beautiful village of Rai, Sherpa and Newar.

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

Transfer: 4/5 hours of jeep

Day4

Bung - Khiraule (2550 M)

We start our journey by climbing upwards from Bung. Trek through a number of farmlands to arrive in Khiraule. A lovely view of the valley may be seen from a certain point in the settlement. Significant village in Solukhumbu, one of the oldest Buddhist monasteries in the region and serene landscapes. Today's hike takes you through remote trails, rhododendron forests, and traditional Rai and Sherpa settlements. After crossing the river, the trail ascends gradually through rhododendron forests and terraced field

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

Elevation gain : 850 m **Elevation loss:** 10 m. **4/6 hours walking.**

Day5

Khiraule - Chulei (3550M)

Today's hike takes you deeper into the breathtaking landscapes of Solukhumbu, passing through forests, ridges, and small traditional villages. This trail is less frequented, offering a peaceful and tranquil experience. Along the way, we will pass numerous revered Buddhist stupas and mani walls. Upon reaching Chulei, many magnificent Himalayan ranges will come clearly into view

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

Elevation gain : 1070 m **Elevation loss:** 50 m. **5 hours walking.**

Day6

CHulei - Chole Kharka (4240M)

We start our journey with a hike to the summit of Panch Pokhari Hill (4,350 m). This route is ideal for experienced trekkers and those seeking a less-travelled path. From the hilltop, enjoy a breathtaking panorama that includes Mt Khangteka, Brunche Peak, and even the distant Mt Kanchenjunga, especially magical at sunset. We then descend to Panch Pokhari, a sacred lake revered by both Hindus and Buddhists.

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

Elevation gain : 935 m **Elevation loss:** 250 m. **6 hours hours walking.**



Day7

Chole Kharka - Kothe (3600M)

As we take in the stunning scenery, we can hear the gentle rustle of the grass in the breeze and the distant calls of wildlife. It's the perfect spot to rest, reflect, and appreciate the sheer beauty of our surroundings before we descend to the next part of our adventure. The trail leads through beautiful tropical forests of pine and rhododendron. From there, we make a steep descent into the Hinku Valley. Our first major stop in this region is the village of Kothe. Along the way, enjoy stunning views of Mt Kesharkang (6,300 m), Mt Keriyung, and the vast Mahakulung Valley.

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

Elevation gain : 1025 m. **Elevation loss:** 350 m. **6 hours hours walking.**

Day8

Kothe - Thangnak (4350M)

After all permits are verified at the checkpoint, the trail follows the picturesque Hinku Khola River, offering serene views of Kusum Kanguru, Mera Peak, and Charpate before arriving in Thagnak. In this village, climbers often visit a monastery over 200 years old to receive blessings for a successful ascent.

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

Elevation gain : 695 m. **Elevation loss:** 00 m. **6 hours hours walking.**

Day9

We spend the day in Thangnak to rest and acclimatise before climbing higher. Those feeling energetic can take a short hike towards Thangnak Ri for great views of Mera Peak, Charpate Himal, and the Hinku Valley. Back in Thangnak, we relax and prepare for the trek to Khare.

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

Elevation gain : 680m. **Elevation loss:** 680m. **5 hours hours walking.**

Day10

Thangnak - Khare (5025 M)

Although relatively short, today's trek will be demanding due to the significant elevation gain. From Thagnak, the well-marked trail ascends steadily, crossing a glacial moraine en route to Khare. After about half an hour, you'll reach a cairn-marked high point with stunning views of a glacial lake. The path then continues upward alongside a khola (stream), leading to the open meadow of Dig Kharka before finally arriving at Khare, the last settlement before Mera Peak.

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

Elevation gain : 600 m. **Elevation loss:** 00 m. **6 hours hours walking.**

Day 11



Khare - Rest & Acclimatisation - Climbing Training

Today is a dedicated rest and climbing preparation day. According to the time, your guide will lead you for training to practise essential climbing skills and review the safety procedures. Khare also offers several rewarding day hikes. One particularly challenging trail climbs to a ridge, demanding but well worth the effort for the breathtaking panoramic views at the top. We'll also take this time to pack our mountain gear and complete final equipment checks.

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

Day 12

Khare - Mera High Camp (5780M)

The entire journey is roughly four km, but it's difficult. It can be a little challenging to get to the glacier this morning. Reaching the higher camp requires a lengthy climb up the gently sloping glacier. Kanchenjunga (8,586 m), Chamlang (7,319 m), Makalu (8,485 m), Baruntse (7,129 m), Everest (8,848 m), Lhotse (8,516 m), Cho Oyu (8,188 m), and other peaks exceeding 7,000 and 8,000 meters can be seen from there. This vista is regarded as one of the most breathtaking in Nepal.

Accommodation: Tent. **Meals included:** morning, noon, evening.

Elevation gain : 900 m. **Elevation loss:** 00 m. **4/6 hours hours walking.**

Day 13

High Camp - Mera Summit (6476M) - Khare

It's about 2 km to the summit, which takes around 4 to 5 hours of climbing. The group will put on crampons and rope up before departing for the summit at around 2:00 am. We'll start using headlights and climb in the dark for about an hour before dawn breaks. The climb isn't technically difficult—you simply keep moving forward, and before you know it, you'll reach the top, where the views are absolutely breathtaking. The feeling of accomplishment is indescribable, and the sunrise from the summit is truly worth all the effort.

After a soup break, we continue our descent toward Khare, with the air getting thinner as we make our way down the rugged terrain. It's a challenging journey, but the stunning views of the Himalayan peaks keep us motivated.

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

Elevation gain : 625 m. **Elevation loss:** 1460 m. **8/10 hours hours walking.**

Day 14

Khare - Khothe



We take the same route used for the ascent through the Hinku Valley, which offers a peaceful ambiance for trekkers to rest and rejuvenate.

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

Day 15

Kothe - Chhetra Bhok (4300M)

You will have the chance to witness Mera Peak and take in the splendour of the Hinku Valley. The vibrant blooms of these trees create a stunning contrast against the lush greenery, making the journey even more enchanting. As you approach Chhetra Bhok, the air becomes crisper, and the sounds of nature envelop you, heightening the sense of adventure.

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

Elevation gain : 1155 m. Elevation loss: 523 m. 6 hours hours walking.

Day 16

Chhetra Bhok - Chhetra La (4610) - Lukla (2800M)

Our last climb of the trek will be the final 300–400 metres of the Chhetra La ascent, which offers breathtaking views of the Middle Hills of Nepal's ridge and valley panorama to the south. We descend over 2,000 metres—sometimes very steeply, from the top of the pass to the warm lodges of Lukla.

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

Elevation gain : 446 m. Elevation loss: 1822 m. 6 hours hours walking.

Day 17

Lukla - Ramechhap - Kathmandu

After our long mountain trek, we take an early morning flight to Ramechap, followed by a 128-kilometre drive to Kathmandu. If the flight is on time, you can spend the rest of the day relaxing and unwinding at the hotel.

Accommodation: Hotel. Meals included: morning, noon.

Transport: 4/5 hours of driving

Elevation gain : 446 m. Elevation loss: 1822 m. 6 hours hours walking.

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)
- 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.

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.

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.

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.