



## SOUL OF NEPAL 12 DAY/208229

### Highlight information

- ✓ Start your adventure with vibrant cultural immersion at Swayambhunath, Pashupatinath, Patan and Boudhanath, embracing both Hindu and Buddhist traditions.
- ✓ Discover the charm of Bhaktapur, Panauti and Balthali with gentle hikes through terraced farms and peaceful landscapes.
- ✓ Experience spiritual serenity at Namobuddha Monastery and catch magical Himalayan sunsets in Dhulikhel.
- ✓ Relish the timeless beauty of Bandipur and connect with Magar culture in the quiet hill village of Ramkot.
- ✓ Unwind by Phewa Lake, hike to Dhampus for close-up mountain views and enjoy the vibrant lakeside life of Pokhara.
- ✓ End with thrilling canoe rides, nature walks and jeep safaris in Chitwan National Park, spotting exotic wildlife and soaking in nature's calm.

### Overview

Explore the heart of Nepal on an adventure that blends spiritual tradition, stunning hikes, wildlife encounters and a vibrant culture. Discover UNESCO monuments and ancient temples in Kathmandu, including Swayambhunath and Pashupatinath. Explore the historic cities of Patan, Bhaktapur and Panauti before hiking to charming villages like Namobuddha and Balthali. Enjoy Dhulikhel's Himalayan scenery and the cultural attraction of Kirtipur and Bandipur. For beautiful mountain views, walk to Dhampus and rest at Phewa Lake in Pokhara. Experience the untamed splendor of Chitwan National Park by going on safaris, boating and hiking in the forest. Stop spiritually at Boudhanath Stupa to complete your trip and bring back great memories.

### 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.

### 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 – Pashupatinath Temple – Patan – Kathmandu**

Today, we visit the holy Pashupatinath Temple, a renowned Hindu shrine on the banks of the Bagmati River, first thing in the morning. There, you can respectfully observe spiritual ceremonies and cremation ceremonies. Then, drive a short distance to Patan, a city rich in history and art, to explore the Patan Durbar Square, which is home to the Golden Temple, the Krishna Mandir and beautifully carved temples (Approx. 9km from Pashupatinath). In the afternoon, head back to Kathmandu after exploring the local handicraft stores.

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

## **Day 3**

### **Kathmandu – Bhaktapur – Panauti – Balthali**

Start your day in Bhaktapur (Approx. 15km from Kathmandu), which is known for its ancient art and architecture and is a UNESCO World Heritage Site. Discover Nepal's rich past by touring the 55-Window Palace, Nyatapola Temple, and the lively Pottery Square. Proceed to Panauti (Approx. 19km from Bhaktapur), a tranquil Newari town filled with spiritual attractions. Check out the ancient Indreshwor Mahadev Temple, renowned for its golden pinnacle and elaborate wood carvings. Finish with a lovely 1.5–2 hour hike from Khopasi to Balthali Village (Approx. 6km from Panauti), a peaceful haven encircled by terraced fields and lush forests that provides amazing views of the foothills of the Himalayas.

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

## **Day4**

### **Balthali – Namobuddha – Dhulikhel**

Today, we start a day with a scenic hike from Khopasi to Namobuddha (Approx. 10km from Balthali), passing through terraced fields and traditional villages. Visit the sacred Namobuddha Monastery and stupa, soak in the peaceful atmosphere, and observe monks' rituals. Enjoy scenic hill views before driving to Dhulikhel (Approx. 11km from Namobuddha). Explore this charming hill town known for Newari architecture and Himalayan vistas, with an optional walk to Kali Temple or sunset viewpoints.

**Accommodation: Hotel, Meals included: morning noon evening.**  
**Elevation Gain: 668 m. Elevation loss: 424 m. 2/3 hours walking.**

## **Day5**

### **Dhulikhel – Kirtipur – Swayambhunath – Bandipur**

After breakfast, we travel through the lovely Newari lanes and start the day with a drive to the tranquil hilltop village of Kirtipur (Approx. 40km from Dhulikhel), where you may explore its historic temples, including Bagh Bhairab and Uma Maheshwar. Proceed to the Swayambhunath Stupa (Monkey Temple) for a blend of Hindu and Buddhist culture and magnificent views of Kathmandu (Approx. 7km from Kirtipur). Next, take a leisurely drive to Bandipur (Approx. 170 km from Swayambhunath), arriving by early evening to take in the breathtaking mountain views and the city's traditional charm.

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



## **Day 6**

### **Bandipur - Ramkot – Bandipur**

Today, we enjoy breakfast in the quaint hill village of Bandipur before starting the peaceful ascent to Ramkot. Discover serene villages, terraced farms, and lush forests while observing beautiful Himalayan views. Before departing, take some time to explore Ramkot (Approx. 60km from Bandipur), a small Magar village with unique round mud houses; talk with the friendly locals; and enjoy the amazing mountain views.

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

## **Day 7**

### **Bandipur – Pokhara**

After breakfast, you will Enjoy a pleasant trip through lush terrain and beautiful villages from Bandipur to Pokhara (Approx. 75km from Bandipur). Reach the peaceful splendor of the Annapurna mountains and Phewa Lake. Enjoy a leisurely afternoon boating on the lake, touring the serene Peace Pagoda or spending time in the lively lakefront shops and cafés. You can also take a short hike to the nearby hills for scenic views of the surrounding landscapes. As the sun sets, the sky transforms into a canvas of vibrant colors, creating the perfect backdrop for a memorable evening.

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

## **Day 8**

### **Pokhara - Autrelia camp / Pothana – Pokhara**

Early in the morning, we drive to Kade via Sarangkot in Pokhara. Take a break at Sarangkot, then continue our journey to Kade. From there, start climbing through forests and farmland to reach the charming village of Australian Camp/Pothana. After exploring the area, return to Kade and drive back to Pokhara. (Approx. 30km from Pokhara). Enjoy the beautiful views of the Annapurna and Machapuchare mountains while immersing yourself in the welcoming Gurung culture. Return to Pokhara in the afternoon, after unwinding or completing a lovely circuit for the perfect day of culture and nature.

**Accommodation: Hotel, Meals included: morning noon evening**  
**Elevation Gain: 355 m. Elevation loss: 355 m. 2/4 hours walking**

## **Day 9**

### **Pokhara – Chitwan national park**

After breakfast, Start your day with a scenic drive from Pokhara to Sauraha, the gateway to Chitwan National Park (Approx. 150km from Pokhara). After checking into a cozy jungle lodge, spend the afternoon exploring a Tharu village to discover local culture or enjoy a peaceful sunset walk by the Rapti River, spotting crocodiles and birds.

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



## **Day 10**

### **Chitwan national park**

Today, we enjoy a relaxing canoe trip down the Rapti River in the morning, where you can see crocodiles and vibrant ducks. Thereafter, take a guided jungle walk through the forest, where you may spot one-horned rhinoceroses, deer, and monkeys. Take a jeep safari in the afternoon to see more of the park and possibly get a look at elusive creatures like Bengal tigers or sloth bears.

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

## **Day11**

### **Chitwan National Park - Kathmandu - Visit Boudhanath Stupa**

After enjoying the natural beauty and wildlife of Chitwan National Park, return to Kathmandu by road (Approx. 200km from Chitwan national park). Upon arrival, head to Boudhanath Stupa, one of the largest and most sacred Buddhist sites in Nepal. Spend the afternoon soaking in the peaceful atmosphere, walking around the stupa with pilgrims, visiting nearby monasteries, and enjoying traditional Tibetan food at one of the rooftop cafes overlooking the stupa.

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

## **Day 12**

### **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
- 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.

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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.