



## Nar-Phur valley trek 13 days

Recently opened regions for trekkers, savage villages.

### Touch the natural - Feel naturel

#### Highlight information

- This area is a hidden gem for those seeking a unique blend of natural beauty, cultural exploration, and trekking adventure
- Explore the ancient monasteries, traditional houses, and vibrant prayer flags that the landscape of Phu Gaon and Nar Valley.
- A complete change of scenery brought by this trek: dazzling in front of the Himalayas
- The glacial lake Tilicho, the highest lake in the world
- The exceptional view from Khang La pass (5313 m)

#### Overview

Softly in the heart of the Annapurna Conservation Area, the Nar-Phu Valley is a special, hidden place in Nepal where time feels slow. This beautiful land, touched by Tibetan culture, welcomes visitors to discover its old villages, peaceful monasteries, and amazing mountain views. Trekking here feels like walking through a timeless story, especially when crossing the high Kang La Pass, where you see wide views of snowy peaks. Nar-Phu stays calm and untouched, offering a quiet and pure place for those who want real beauty, peace, and the soft sounds of the Himalayas

#### 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 4: Strenuous Treks

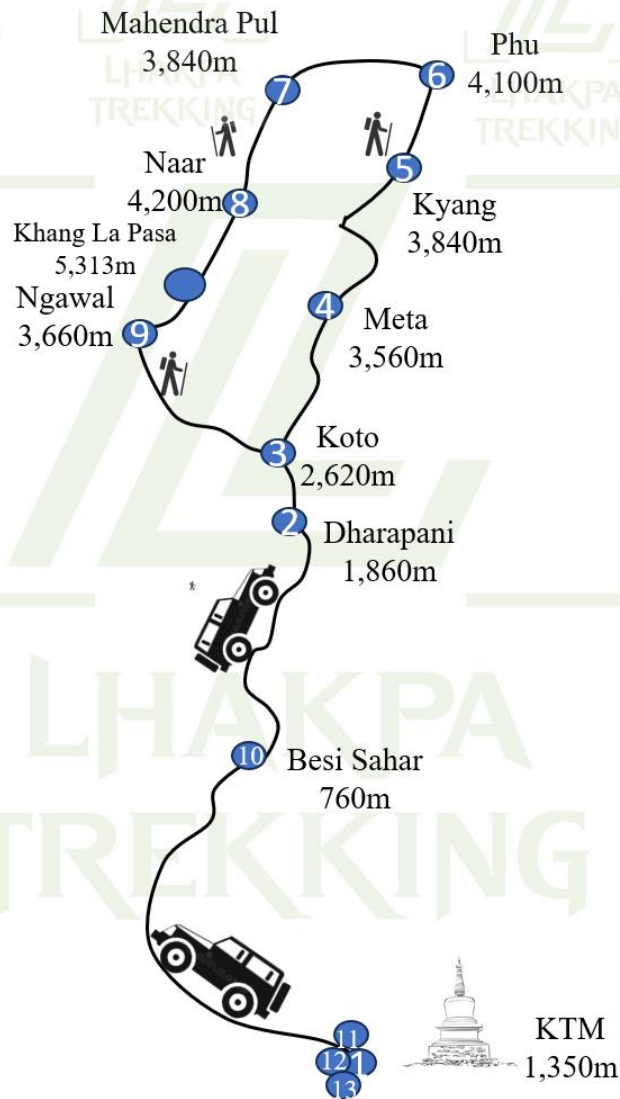
- Altitude: 4,500–6,000 meters
- Duration: 6–8 hours of walking per day
- Terrain: Steep ascents, rocky paths, and potential snow
- Experience Required: Suitable for experienced trekkers with good physical fitness
- Examples: Everest Base Camp Trek, Manaslu Circuit Trek and all the high passes (Tilicho Thorong la, Ganja la, Mesokanta la, Kang la, Larkya la, Chola la, Kongma la, Renjola).

#### Itinerary & map



## NAR-PHU TREK

### 13 DAYS



#### Day1

##### 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 included: breakfast. Excluded: morning**

## **Day2**

### **Kathmandu - Besi Sahar (760 m) - Dharapani (1860 m)**

We leave early in the morning for Besisahar, taking the main highway that connects Nepal and India, up to Mugling. Along the way, we pass many villages before reaching Besisahar, where we switch to jeeps. From there, the road becomes rough and rocky, but the views of rice fields and traditional villages make the ride beautiful. Landslides can sometimes delay us or require changing vehicles, but like the locals, it's best to stay positive and keep smiling.

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

**Transfer: 6-hour drive (Besi Sahar) + 3-hours of road**

## **Day3**

### **Dharapani - Koto (2620 m)**

After breakfast, we start to climb a steep trail to Timang, where the wide Marsyangdi Gorge ends. The path then becomes easier, and the landscape changes from thick pine forests to drier hills. After Besisahar, Chame is the largest village in the region and serves as the district headquarters of Manang.

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

**Elevation gain: 705 m. Elevation loss: 313 m. 5/6 hours walking.**

## **Day4**

### **Koto - Meta (3560 m)**

The towering peaks feel distant as we move forward, with Annapurna II standing tall above Koto, seemingly guarding the entrance to the Naar-Phu Valley. We leave the Marsyangdi Valley behind, crossing a narrow suspension bridge and continuing along a rocky path carved into the cliffside.

From here, our route follows the Naar Khola river; in this constricted portion of the gorge, the trail often alternates from one bank of the river to the other. The day concludes with a final push, an uphill climb of 200 metres through a series of switchbacks.

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

**Elevation gain: 1200 m. Elevation loss: 200 m. 5/7 hours walking.**

## **Day5**

### **Meta - Kyang (3840 m)**

We depart from Meta's little plateau, which boasts a stunning panorama. The trail winds through an open valley and climbs gradually. As it transitions into a high-altitude, arid desert, the terrain gets more rugged and has fewer trees. Known locally as Kharka, we pass a number of abandoned towns that were once utilized as



makeshift shelters by Tibetan yak herders and traders. Rare animals like blue sheep and even snow leopards can be seen in this valley.

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

**Elevation gain:** 500 m. **Elevation loss:** 200 m. **4/5 hours walking.**

## **Day6**

### **Kyang - Phu (4100 m)**

Along the way, you'll see Buddhist chortens and mani stones, showing the area's deep spiritual heritage. The valley narrows again until we reach the Phu gate, then the trail drops down to the riverbed. We visit Tashi Lhakhang Monastery, a sacred site believed to have been visited by Guru Rinpoche (Padmasambhava).

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

**Elevation gain:** 400 m. **Elevation loss:** 200 m. **3/5 hours walking.**

## **Day7**

### **Phu – Mahendra Pul (3840 m) (Sartek Thrangu Gomba)**

The trail from Phu Gaon to Nar is both challenging and rewarding, with steep climbs, deep gorges, high plateaus, and striking rock formations. These remote villages offer a peaceful spiritual atmosphere and a rare mix of natural beauty, rich culture, and adventure—making the journey truly unforgettable.

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

**Elevation gain:** 200 m. **Elevation loss:** 700 m. **3/5 hours walking.**

## **Day8**

### **Mahendra Pul - Tibetan village of Naar (4200 m)**

You start a steep climb at first and gradually smooth with spectacular views of snow-capped peaks like Kang Guru, and Pisang Peak. Tibetan-style chortens, prayer walls, and mani stones along the trail. Afternoon free day.

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

**Elevation gain:** 600 m. **Elevation loss:** 00 m. **4 hours walking.**

## **Day9**

### **Naar - Khang La Pass (5313 m) - Ngawal (3660 m)**

The day starts with early in the morning, the path gradually climb towards the Kangla pass. Gaining more altitude, more you'll be rewarded with unparalleled views of the Himalayan peaks. The pass will be pretty challenging as well steep descent after pass to Ngawal.

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

**Elevation gain:** 1250 m. **Elevation loss:** 1600 m. **10 hours of walking.**



## Day10

### Ngawal - Gyaru (3720 m) - Pisang (3200 m) - Drive to Besisahar (760 m)

From the beautiful village Ngawal, you hike up and down along a balcony trail that offers panoramic mountain views. At Gyaru, you can see traditional Tibetan-style houses and enjoy the peaceful atmosphere. After taking in the scenery, you walk downhill to reach Pisang. This part of the trail passes through forests and continues to offer stunning views of the mountains. From Pisang, you take a jeep and drive to Besisahar.

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

**Transport:** 4 hours of driving

**Elevation gain:** 200 m. **Elevation loss:** 300 m. **3 hours of walking.**

## Day11

### Besisahar - Kathamandu

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.

## Day 12

### 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 13

### 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.



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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.