

# Hidden Valleys of Naar and Phu

Trip Code: NAP

Version: NAP Hidden Valleys of Naar and Phu



WALK & TREK



GUIDED GROUP



CHALLENGING



## HIGHLIGHTS

- Visit the isolated Tibetan Buddhist settlements of Naar and Phu
- Trek into a remote, rugged and rarely-visited region north of the Annapurnas
- Cross the Kang La (5306m) with amazing views of the Annapurna Massif
- Excellent Kathmandu accommodation such as the Shangri-La Hotel
- FREE Sleeping bag and down jacket hire is available for this holiday

## AT A GLANCE

- 12 days trekking
- Max. altitude - 5306 metres
- Join at Kathmandu

## ACCOMMODATIONS & MEALS

- All meals included
- 12 nights Lodge
- 1 nights Camping
- 2 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

North of Chame on the Annapurna Circuit the hidden valleys of Naar and Phu were opened up to trekking groups as recently as the year 2000. Home to hardy communities of Buddhist people who continue to trade northwards across the border into Tibet, this is one of the most exciting trekking destinations in Nepal. We spend more than a week in these valleys, trekking northwards as far as the remote stone-built village of Phu and overnighting in simple lodges. We then retrace our steps briefly, before turning westwards into a broad and rocky tributary valley, passing numerous chortens, mani walls and unusual gateways en route to the similarly unspoilt village of Naar.

After checking out one or two of the ancient monasteries at Naar, we ascend to the head of the valley and trek up to cross the Kang La (5306m) a stunning viewpoint which commands a breathtaking panorama of the arrayed peaks of the Annapurnas. Then, after an abrupt descent to Ngawal, we trek out beside the Marsyangdi River for two further days to the road at Tal where we pick up our transport back to Kathmandu. You can be amongst the first to visit this untouched corner of Nepal!

## Is this holiday for you?

This trekking holiday journeys into a remote part of Nepal that few foreign visitors have yet seen. Following narrow, single-track village trails, with some steep ascents and descents and some exposed sections as we travel through the gorges of the Naar-Phu Kola, this really is classic Nepalese trekking. The crossing of the Kang La is comparable in terms of difficulty to the Thorung La on the Annapurna Circuit (but, of course, there will be far fewer people on it) and will present a significant challenge to regular hill walkers. It should be noted that trekking at altitudes above 3000 metres makes greater demands on the body than walking at low elevations, and is of itself challenging even for fit hikers. You will need to ensure you are physically prepared for the trek. You should be comfortable with walking for 5 to 7 hours each day and for several days continuously.

# Itinerary

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## DAY 1

**Meet at the group hotel in Kathmandu. Transfers from Kathmandu Airport are provided.**

Your holiday starts at the hotel in Kathmandu. Transfers from Kathmandu Airport are provided. Depending on your arrival time, you may have the opportunity to explore the immediate vicinity of the hotel and get acclimatised to this bustling city. Alternatively, you may prefer to recover from your journey by relaxing at the hotel. Your guide will take dinner with you and will provide an informal briefing about the days ahead.

Meals: **D**



**Accommodation**  
Hotel

## DAY 2

**Drive towards Pokhara, before turning into the Marsyangdi Valley. Overnight at Jagat (1300m).**

We set off after an early breakfast for the drive westwards to the start of the trek, accompanied by our trek crew. After 3 hours or so, we arrive at the town of Mugling and stop for an early lunch at a roadside restaurant. Soon after leaving Mugling, we reach the small town of Dumre, beside the Marsyangdi River. Here, we turn north on a smaller road which follows the river. We cross the river on a long suspension bridge at Syange before climbing to our overnight accommodation at Jagat (1300m).

Meals: **B L D**



**Accommodation**  
Lodge

## DAY 3

**Trek via Chamje and Tal to Dharapani (1860m).**

Today we begin our trek. Although the road continues up valley, its condition is very rough and it is much

more pleasurable to walk from here. Where we can, we take the old trekking trail away from the road. From Jagat we start with a steady climb to Chamje, before descending to cross the river on a suspension bridge. Climbing once more, we enter the Buddhist region of Manang at the village of Tal (which means lake in Nepali). Here the terrain levels for a short section and the raging river slows to a lake-like appearance. Beyond Tal, the trail crosses the river again and continues for a further 4 kilometres to Dharapani (1860m).

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 1060M		<b>Descent</b> 500M		<b>Time</b> 6 hrs trekking		<b>Distance</b> 14KM
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#### DAY 4

### Trek above the river and through a number of villages to Koto (2600m) with good views of Manaslu.

The valley now turns towards the west, as we set off and hike to the interesting Buddhist village of Bagar Chap. Manaslu is now visible behind us and Annapurna 2 occasionally in sight on our left hand side, as we walk on the road at times and also find sections of village trail, passing through scattered pine forest and negotiating many stone steps. There are isolated lodges and hamlets en route to our overnight stopping place at Koto (2600m).

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 1000M		<b>Descent</b> 250M		<b>Time</b> 6 - 7 hrs trekking		<b>Distance</b> 13KM
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#### DAY 5

### Leave the Annapurna Circuit and trek to a fixed camp beside the river (3000m) in the gorge of the Naar Phu Khola.

There is a checkpoint in Koto where we have to present our permits. Beyond Koto we leave the Annapurna Circuit trail and head up the narrower and steeper gorge of the Naar Phu Khola. We start out on the left or western bank on a trail through beautiful woods and passing various temporary 'villages' used in the winter by the people of Naar and Phu. Soon the contrast with the Annapurna Circuit trail is striking and we are unlikely to see very many other trekkers as we make our way up this restricted valley. There are no suitable lodges here and our local agent has set up a fixed camp for our use. The altitude here at 'Naar Phu Khola' is approximately 3000 metres.

Meals: **B L D**



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	<b>Accommodation</b> Camping		<b>Ascent</b> 550M		<b>Descent</b> 250M		<b>Time</b> 4 - 5 hrs trekking		<b>Distance</b> 8KM
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## DAY 6

### Remote trekking on a trail cut into the riverside at times. Overnight at Meta (3560m).

The trekking today is a world apart from the Annapurna Circuit. Only those trekkers with special permits can trek up into this restricted area alongside the Naar Phu Khola. There is a fair amount of up and down to negotiate and some sections of exposed trail hewn from the cliffs above the river, to reach Meta at 3560 metres. For the purposes of acclimatisation this is our overnight stop and we will check in at a basic lodge. It is possible to do some exploring in the afternoon, following a trail part way towards the basecamp for Kang Guru at almost 4000 metres.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 1450M		<b>Descent</b> 800M		<b>Time</b> 5 - 6 hrs trekking		<b>Distance</b> 9KM
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## DAY 7

### Trek beside the Phu Khola to Chyako, then on a steeper trail up to Kyang (3800m).

We have a short day, again ascending as far as acclimatisation allows. This morning we follow the Phu Khola on a fairly level or gradually ascending trail to the temporary Khampa village of Chyako. From here the trail is steeper as we climb first to 'Upper Chyako' and then to Kyang with its long mani wall at 3800 metres. Kyang, located on a plateau high above the Phu Khola is the main winter settlement of the people of Phu and in the autumn we may be lucky enough to see a part of the annual migration when a family moves down from the high pastures with its Yaks - a scene from ancient Tibet!

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 900M		<b>Descent</b> 350M		<b>Time</b> 5 - 6 hrs trekking		<b>Distance</b> 8KM
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## DAY 8

### River gorge and riverside trekking to the main settlement of Phu (4080m).

Today begins with another exciting trail carved into the walls of the river gorge before descending to the river itself. A little further on our further progress is blocked by another rocky bluff and we are forced to

trek up out of the gorge, via several mani walls and chortens, to reach the Phuohi Yalgie or 'Phu Gate'. Beyond this ancient stone gateway, we get our first view of the 3 villages of Phu with the impressive ruins of forts on the skyline above. Approximately an hour after passing through the Phu Gate we climb to the village of Phu (4080m) where we check in at one of the lodges. We should reach Phu at around lunch time and will have the remainder of the day free to explore this amazing village with its comparatively unspoilt ancient culture and architecture. The remote settlement of Phu consists of around 30 stone built houses in the Tibetan style and is home to around 150 people.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 930M		<b>Descent</b> 770M		<b>Time</b> 4 hrs trekking		<b>Distance</b> 13KM
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## DAY 9

### Trek back down the Phu Khola as far as Muje (3720m) below Chyako.

We return to the Phu Gate and retrace our steps down the valley. We stop for lunch in Kyang and continue down to the lodge at Muje (3720m) below Chyako.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 500M		<b>Descent</b> 980M		<b>Time</b> 6 - 7 hrs trekking		<b>Distance</b> 18KM
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## DAY 10

### Descend to the junction with the Naar Khola and trek up to Naar Village. (4110m).

A short trekking day. Continuing down the valley we make a big descent to a bridge across the river at Naar Phedi (3490m) and then begin the long climb out of the narrow gorge to the village of Naar. (4110m), set among snow clad peaks and surrounded by fields of mustard and barley. We should arrive here by lunch time, giving us plenty of time to explore this highly picturesque place. The people of Naar make their living from spinning and weaving. The village also boasts several colourful gompas which are well worth a visit or it is possible to climb to the line of prayer flags on the hill above the village for more spectacular views.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 700M		<b>Descent</b> 300M		<b>Time</b> 4 - 5 hrs trekking		<b>Distance</b> 8KM
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**DAY 11****Trek on moraine to the meadows of Kangla Phedi (4530m) at the head of the valley.**

A shorter day today. We have a gradual ascent of around 2 to 3 hours, passing through ancient moraines of this once glaciated valley to reach the basic lodge on the yak grazing meadows of Kangla Phedi (4530m) at the foot of the Kang La.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 450M		<b>Descent</b> 50M		<b>Time</b> 2 - 3 hrs trekking		<b>Distance</b> 6KM
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**DAY 12****Trek up to cross the Kang La (5306m) and make the steep descent to Ngawal (3660m).**

A long day today but a spectacular one. We start by climbing over 700 metres to the summit of the Kangla Pass. From the top there are fantastic views over Annapurna II, Gangapurna, Tilicho peak, the peaks surrounding Tilicho. Far below we can see the Annapurna Circuit trail and make out the airstrip at Hongde. The trail down initially is steep and loose, usually scree but it can be snow covered and care is needed. Reaching a plateau we take lunch and rest tired legs, before contouring to Ngawal (3660m) where we check in at a new lodge in this village of cobbled streets, prayer wheels and classic Tibetan architecture.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 700M		<b>Descent</b> 1650M		<b>Time</b> 7 - 8 hrs trekking		<b>Distance</b> 11KM
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**DAY 13****Descend to the Annapurna Circuit Trail and follow this down-valley to Chame.**

We take a contour trail with superb views of the Annapurna peaks across the valley and then descend to Pisang, where we join the Annapurna Circuit Trail. As we follow the trail down-valley we are confronted with the dramatic spectacle of the Paungda Danda, a smooth slab of curving rock that rises 1500 metres almost vertically from the river. We follow a cliff-side path and walk through fragrant woods of juniper and pine before reaching our lodge at the administrative centre of Chame.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 1200M		<b>Descent</b> 2200M		<b>Time</b> 8 hrs trekking		<b>Distance</b> 24KM
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#### DAY 14

### Trek to Timang and from there drive to Besishar.

Here, we are close to the confluence of the Naar-Phu Khola where we started our trek into the Naar-Phu valleys 10 days ago. We have a final short stage of trekking beside the Marsyangdi River to Timang where we meet our transport and begin our drive back to Kathmandu with a 5 hour stage in 4WD vehicles to Besishar.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Ascent</b> 280M		<b>Descent</b> 350M		<b>Time</b> 2 - 3 hrs trekking		<b>Distance</b> 9KM
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#### DAY 15

### Drive back to Kathmandu, arriving in mid-afternoon. Celebratory dinner in a local restaurant.

After an early breakfast, we board our private bus transport for the continuation of our journey on an improving road down the Marsyangdi Valley to its confluence with the Trisuli River. Here, we pick up the main Pokhara to Kathmandu road for the final part of our drive. Today's drive will take 6 or 7 hours and we should arrive in Kathmandu mid-afternoon. After checking in at the group hotel, we have time to rest and freshen-up, before going out for a celebratory evening meal in one of Kathmandu's finest restaurants.

Meals: **B L D**

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	<b>Accommodation</b> Hotel
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#### DAY 16

### Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided.

Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided. To extend your holiday in Nepal, why not pre-book a day's sightseeing tour in the Kathmandu Valley, or a multi-day excursion to the wildlife reserve at Chitwan. Contact our office for details.



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Meals: **B**

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# Extensions

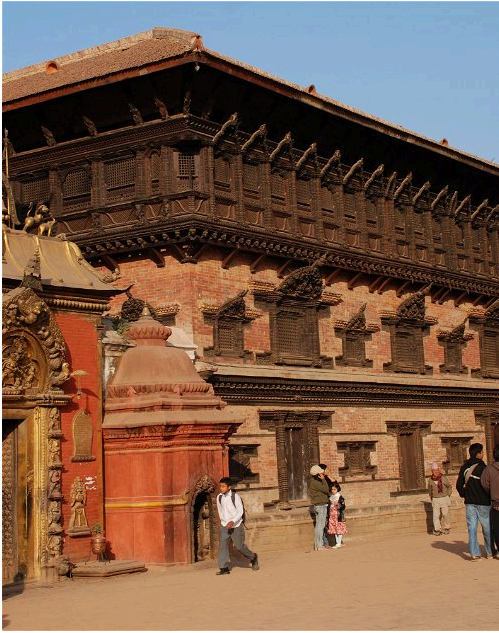
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



## Chitwan Jungle Extension

The jungles of southern Nepal are an interesting counterpoint to trekking in the foothills or the high Himalaya. Tiger Tops Tharu Lodge provides a relaxing and comfortable base for a wildlife safari and cultural village experience. During two days of wildlife viewing in the Chitwan National Park 'buffer zone' - the interface area between visitors and the animals that live at Chitwan - you will be accompanied by expert guides on safaris by jeep by boat and on foot.

**3 days from**  
**US\$1,545** per person



## Kathmandu Tour - Nagarkot and Bhaktapur

The Kathmandu Valley contains the cities of Patan, Bhaktapur and Kathmandu itself, all of which were once independent kingdoms. An exploration of the valley's historic and cultural sights is an excellent way to begin or end your adventure in Nepal. Highlights of this tour includes a very early drive up to Nagarkot on the Kathmandu Valley rim, the perfect place to watch a Himalayan sunrise. This is followed by a tour of the UNESCO World Heritage Site of Bhaktapur, renowned for its temples and traditional buildings.

1 day from  
**US\$175** per person

# Holiday Information

## What's Included

- A professional and qualified Nepalese tour leader
- Kathmandu Airport transfers
- All transport involved in the itinerary
- All accommodation as described in the trip dossier
- All meals throughout the holiday
- Once on trek the group will be assisted by porters and a local guide
- FREE Sleeping bag and down jacket hire is available for this holiday on request

## What's not Included

- Travel insurance
- Nepalese Visa
- Tips for porters and other trek staff
- Miscellaneous expenses - drinks and souvenirs etc.

## Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

## Meal Plan

All meals are included in the holiday price from dinner on Day 1 of the Land Only itinerary to breakfast on Day 16.

## Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Typical meals provided at the lodges will include Nepali staples such as dal bhaat (rice and lentil soup with curried vegetables) as well as dishes with a more international feel such as pizza, chips and even apple pie. The local guide will order the evening meal in advance and try to provide a varied menu. Breakfast will usually be porridge, eggs, bread, pancakes and a hot drink, lunch will be a simple meal with a hot drink, and dinner will be 3 courses consisting of soup, main meal and a simple pudding. It is important to note that the more remote the lodge, the more restricted the menu choices are likely to be. If you wish to order additional dishes and/or snacks, you should budget accordingly. Boiled drinking water will be provided at breakfast, lunch and dinner. Most of the lodges sell snacks such as chocolate bars, soft drinks and sometimes beer. In Kathmandu we take our meals in the hotel and local restaurants.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

In Kathmandu we use a range of excellent hotels including the new and very comfortable 4 star Aloft Hotel. Located in the heart of the city, this hotel offers a range of first-class facilities including fast and free WiFi and a spa and fitness centre. Whilst on trek there are 12 nights in simple lodges and a single night (Day 5) at a fixed camp beside the Naar Khola. Accommodation is generally arranged on a twin sharing basis and where this is the case, if you are travelling by yourself, you will usually be paired up with someone of the same sex. Please note that the lodges in the valleys of Naar and Phu are quite basic and on several of the nights we may be obliged to use multi-bedded rooms. Nepalese trekking lodges are usually colourful and welcoming and generally have heated dining areas. Bedrooms are, however, basic and unheated with wooden beds and foam mattress. You will need a sleeping bag. The lodges have shared washing and toilet facilities. Some lodges may have solar powered showers (charged at \$4 - \$5 per shower) and battery charging facilities (also charged at a rate per hour). Staying at the lodges is a great way to meet fellow hikers and the locals. For the 2 nights in Kathmandu single rooms are available for a supplementary cost. It is not possible to arrange single accommodation in lodges. Additional hotel nights in Kathmandu can also be pre-booked.

## Group Leader & Support Staff

The group will be led by a professional and qualified Nepalese tour leader, assisted by an experienced team including Sherpa guides and porters.

## Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

## Spending Money

Approximately £200 to £250 (or equivalent in US dollars, Euros etc.) should be allowed for miscellaneous expenses including porter and trek crew tips, beer, soft drinks etc. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. Please note: Scottish and Northern Ireland bank notes are not accepted in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money from ATMs in Kathmandu using your debit or credit card. During the trek it is possible to buy snacks, chocolate, soft drinks and beer on some days. Please be aware that since everything has to be carried up, these items become more expensive as you gain altitude.



## Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the porters and any other trek staff are given their tips at the end of the trek and this is best done as a group. Your Nepali tour leader will advise the group on an appropriate level of tipping. Most groups will hand out the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the holiday. As a guide, we recommend that each group member contributes around £70 (in rupees) to these tips. At the end of their trek many people also like to donate various items of equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks are always warmly received by the porters, whilst technical clothing and equipment such as head-torches and trekking poles are highly prized by the Sherpa team. Your tour leader will make arrangements for a fair distribution (possibly by raffle) amongst the trek crew. Please note that you will have the opportunity to tip your tour leader separately (and additionally) during dinner on the final evening of the holiday.

## Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

## Baggage Allowance

Your main item of luggage should be a sturdy kit bag, duffle bag or similar. This will be carried during the trek by porters or pack animals and must weigh no more than 15kg. If you are picking up a sleeping bag and down jacket from KE in Kathmandu, you need to factor in the weight of these items (around 3kg) and allow space in your bag for them. You should also take on your holiday a daypack of approximately 30 litres capacity. It is possible to leave items not required on trek at the hotel in Kathmandu. For your international flights, please check the baggage allowance with your airline.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.**

Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

### Visa Nepal

All nationalities require a visa. The visa process is partly automated and the fee is \$30 for 15 days, \$50 for 30 days, \$125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted.

Part of this on-arrival visa process involves filling in a 'Tourist Visa Application Form' and you can simplify the procedure at Kathmandu Airport by filling this form in online (**within 15 days of travelling**) at [this link](#). This generates a receipt which you present (hard copy or saved on your phone) on arrival. This should allow you to go straight to the cashier to pay for your visa and has the potential to save you time in the visa queue.

Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

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If you are travelling via India (Delhi or Calcutta) to your destination you may also require a visa for India. This may apply even if you are not leaving the airport unless your baggage has been checked all the way through to your destination. Generally, if you use the same carrier for both legs of your journey, you will not need an India Visa. Please download the detailed information document: [Visa PDF India](#).

## TREKKING PERMITS - WHAT DO WE NEED FROM YOU ?

For treks in the Everest region - EBL, EVL, EHW, ELL - we need your passport details and we need you to take with you to Nepal 2 passport photographs. You will hand these over to your local leader on Day 1.

For treks in the Annapurna region - ASL, ACL, UAT, ANL and for the Gosainkund and Langtang Trek - GLT - we need your passport details and we need to send through to Nepal ahead of your departure a scan of a passport-style photograph of yourself. Please send this to us once your holiday is guaranteed.

For these Conservation Area treks and other treks requiring Special Permits - KAN, DLG, NAP - we need to send through to Nepal ahead of your departure a scan of a passport-style photograph of yourself and a scan of the information pages of your passport. Please send these to us once your holiday is guaranteed. On arrival in Kathmandu you will still be required to provide your passport (with your visa) for presentation at the Nepal Tourism Board. Your passport will be returned to you by your tour leader at dinner.

For those trips requiring Climbing Permits - MER, IPC, CTL, YAR - we need to send to Nepal ahead of your departure, a scan of a passport-style photograph of yourself and a scan of the information pages of

your passport. Please send these to us once your holiday is guaranteed. On arrival in Kathmandu, for YAR and for CTL, you will still be required to provide your passport (with your visa) for presentation at the Nepal Tourism Board. Your passport will be returned to you by your tour leader at dinner.

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

## Currency

The unit of currency in Nepal is the Nepalese Rupee.

## Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. We suggest that you adopt a weekly exercise regime leading up to your trip. Regular hiking in hill country is the best training but jogging, squash and swimming are also good for developing cardio vascular fitness and stamina. Whatever your preparation you should make time to spend at least a few days prior to your trip making long walks in hilly country. It is also a good idea to do some reading about the country and the culture of the local people before you embark on an adventure holiday.

## Climate

October to November and March to May are the best times for trekking in Nepal. These months either side of the summer monsoon season are neither too hot in the foothills nor too cold in the higher elevations and they offer the best conditions for trekking. Pre-monsoon is the best time to see the colourful blooms of the rhododendron at lower elevations. The post-monsoon months usually offer the clearest skies and the most settled weather. At either of these periods you will encounter a wide range of daytime temperatures during your trip from approximately 25°C / 77°F in Kathmandu and Pokhara to approximately 14°C / 57°F at 3000 metres / 10,000 feet., and approximately 7°C / 45°F at 4000 metres / 13,000 feet. The 'real feel' temperature in the middle of the day will be much warmer than this. At night in the rarefied air the temperatures plummet. You can expect to experience overnight temperatures below freezing anywhere above approximately 3000m. / 10,000ft. and at our highest camps night time temperatures may drop as low as -10°C / +14°F. Extended periods of rain or snow are very unlikely outside of the monsoon period but short lived storms can and do occur.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.



## Books

- Lonely Planet Guide to Nepal. Lonely Planet
- Rough Guide to Nepal. Rough Guides
- Trekking and Climbing in Nepal. Steve Razzetti
- Trekking in the Nepal Himalaya. Stan Armington
- A History of Nepal. John Whelpton
- Field Guide to Birds of the Himalayas. Bikram Grewal
- Photographic Portraits of People: Nepal Himalayas. Eric Valli
- Nepal: Lonely Planet Pictorial. Richard l'Anson
- The High Himalaya. Art Wolfe

## Maps

### Naar Phu. Himalayan Maphouse (Nepa Maps)

The Naar Phu sheet covers the ground from Dharapani (Day 5 of the trip) to Manang (Day 14). Nepa maps have a contour interval of 40m. and the topographic view is further enhanced by relief shading, altitudes of peaks and passes, and various other spot heights. The maps have a reasonably accurate overlay of trails, villages, monasteries, airstrips etc. Note: All clients will be given a free trekking map in Kathmandu before the start of their trek

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 kgs.

### You must bring the following items:

- Hiking boots
- Trekking trousers
- Waterproof overtrousers
- Baselayer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Thermal gloves
- Warm and waterproof gloves or mittens
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x 2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Toilet paper
- Antibacterial handwash
- Travel towel
- Selection of dry bags (to keep your kit bag contents dry)
- Small padlock (to lock your kit bag)
- Trekking poles (see notes)
- Daypack 30 litres
- Sleeping bag (comfort rated -10°C)\*
- Thermarest or similar mattress
- Warm jacket (down)\*
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

### The following items are optional:

- Trainers or similar for use in lodges
- Gaiters
- Microspikes (Kahtoola) or similar footwear traction (see notes)
- Spare laces
- Shorts
- Thermal baselayer - leggings
- Sleeping bag liner

- Pillowcase
- Swimwear (for the hotel pool in Kathmandu)
- Travel clothes
- Camera
- Pen-knife (remember to pack sharp objects in hold baggage)
- Reusable cloth bag for shopping (to avoid plastic bags)

## Notes

\*FREE sleeping bag and down jacket hire is included in your KE holiday booking on request.

Please make all requests at least 4 weeks prior to the trip departure date. Please note all hire / rental equipment is issued in Kathmandu. Please remember to allow room in your kit bag for these items.

**Trekking Poles and Instep Crampons.** For this trip you must bring a pair of trekking poles, even if you only use them as a safety measure for the crossing of the Kang La. In certain conditions, the trip leader may also issue Grivel Spider 'instep' crampons to group members for this crossing. These are small lightweight crampons, which can quickly and easily be attached to any kind of walking boot. If you have brought your own footwear traction such as the excellent Kahtoola Microspikes you can use these instead.

The Nepalese are still traditional and conservative in the way they dress. Therefore to avoid embarrassment on both sides we recommend that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach to just above the knee and be modest and for women it is preferable to wear trousers or a long skirt.

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
[-> Find out more](#)

## Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Kathmandu. Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kathmandu. Outbound flights will usually depart from the UK in the evening, arriving mid-afternoon on the following day (Day 1 of the Land Only itinerary). Return flights will depart Kathmandu usually in the morning of the last day of the itinerary, arriving in the UK later the same day.

# Why Choose KE

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## Why KE

We are the Nepal experts! With more than 30 years' experience of running trekking holidays in Nepal, there is no-one better qualified to provide you with your holiday of a lifetime amongst the biggest peaks on Earth.

**Please Note** This document was downloaded on 20/05/2024 and the trip is subject to change