

Nepal Middle Hills Trek – From the Arun River to the Dudh Kosi

Trip Code: MHT

Version: MHT Middle Hills Trek - Arun River to the Dudh Kosi



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Views of Kangchenjunga, Makalu and Everest from Ghyang Peak (3600m)
- Some of the best ridge-walking and best wilderness camping places in Nepal
- Traditional villages with Rai, Limbu, Magar, Gurung, Tamang and Sherpa people

- Spring departure timed to coincide with the rhododendrons in full bloom
- FREE sleeping bag and down jacket hire is available for this holiday

AT A GLANCE

- 10 days trekking
- Max altitude - 3600 metres
- Join at Kathmandu

ACCOMMODATIONS & MEALS

- All meals included
- 3 nights Hotel with swimming pool
- 9 nights Camping
- 1 nights Lodge

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

Introduction

South of the Makalu Barun National Park and defined by two great rivers; the Arun to the east and the Dudh Kosi to the west, is a beautiful and unspoiled 'Middle Hills' region rarely visited by trekking groups. Starting out from the airstrip at Tumlingtar, this exciting trekking holiday will take us through a landscape dominated at lower levels by picturesque terraced farmland and by traditional villages home to a number of Nepal's ethnic groups.

Heading east to west, this is a linear trek, a logical journey across the grain of the country with lots of ascent and descent; the so-called 'Nepali undulation'. Higher up and for the majority of the trek we find ourselves amongst rugged ridge and valley scenery with far-reaching views to the snow-capped peaks of the Nepal Himalaya, including Kangchenjunga, Makalu and Mount Everest itself. We follow interconnected ridges, camp in remote forest clearings and trek by way of high passes to accessible viewpoints such as Ghyang Peak (3600m). Driving back to Kathmandu from Dhap, we have included a day to enjoy the special ambience of the Nepalese capital with its countless temples and shrines sacred to the Hindu and Buddhist religions. This is a perfect trekking holiday for those looking to experience the 'real Nepal' whether you are a first time or regular visitor to this most charming of Himalayan countries.

Is this holiday for you?

This is a trek at relatively low level which follows a mix of village trails and shepherds' tracks. We can expect to encounter sections of stepped track, as well as more rugged and potentially rocky trails high up on the several ridges that we traverse during the course of the trek. There are 9 days of trekking, generally walking for around 8 to 10 kilometres each day, but with a couple of longer days and a couple of quite short days. There is a fair amount of ascent and descent. Generally, the walk is split either side of a leisurely lunch provided on the trail by your trek crew. The trek is also relatively continuous, but there are a couple of occasions when we will reach our next camp in time for a late lunch and will have free time in the afternoon. Since there are no lodges of a good standard in this region, this is a camping trek with a full Nepalese crew. Please note that this is camping in some style, where we provide spacious 2 person tents and thick foam mattresses to ensure you get a really good night's sleep. Also part of the camp set up is a dining tent (complete with table and chairs) where you will eat your meals and relax. The cook and his team have the use of a kitchen tent and there will also be one (or more usually two) toilet tents. Your local crew will set up the camp each evening and take it down again in the morning.

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 beside the hotel pool. Your guide will take dinner with you and will provide an informal briefing about the days ahead.

Meals: **D**



Accommodation

Hotel with swimming pool

DAY 2

Fly to Tumlingtar and trek to Jhyanu Pokhari (1180m).

In the morning we take the spectacular flight eastwards along the chain of the Himalaya to Tumlingtar. Situated on a broad flat plateau on the east bank of the Arun Khola, Tumlingtar lies at an altitude of little more than 400 metres and will feel quite tropical. Given clear weather there are good views of Makalu and Chamlang to the north. Jeep roads head north from here, but we head west, cross the Arun River on a suspension bridge to Turkeghat and from there trek up the valley side amongst pretty terraced fields of rice, wheat, barley and potatoes. There are forested areas and lots of scattered settlement; isolated farms and hamlets and we also pass close to the Hindu temple of Singha Devi Mandir which is tucked away in the forest. We will encounter sections of dirt road during today's short walk and for the first part of tomorrow, but for the moment these are free of traffic, being used only by tractors and other farm vehicles. We will take every opportunity to walk on alternative village tracks and trails rather than on the dirt roads. We set up our camp close to the ridge-top village of Jhyanu Pokhari (1180m) with views of Makalu (8481m), Chomo Lonzo and Chamlang.

Meals: **B L D**



Accommodation

Camping



Ascent

950M



Descent

170M



Time

5 hrs trekking



Distance

11KM

DAY 3**Ridge-top trekking to Baidar Bhanjyang (1900m) and onwards to Tal Kharka (2430m).**

A longer day as, still heading in a westerly direction, we follow a broad and open ridge through a picturesque patchwork of farmland. To either side of the ridge the land falls away; the intensively terraced areas divided up by patches of forest both large and small. The majority of the settlement is clustered along the ridge-top and we will have the opportunity to meet the local people as we trek through traditional villages such as Sangpang with its large school and string of shops. We gain height steadily until, at lunchtime, we reach a junction of ridges at Kali Dobato (2100m) where we can look north to Makalu and north-eastwards to distant Kangchenjunga (8586m) and Jannu. Ahead of us we can also see the approximate location of the Salpa Bhanjyang where we will be in a couple of days' time. There is a jeep road running north-south through Kali Dobato and we cross this and drop down into a steep-sided valley at the head of the Chirkhuwa Khola. This is a heavily forested valley with fewer villages and less farmland than we have seen so far. We take a meandering trail down into the valley where we set up our camp at Tal Kharka (2430m).

Meals: **B L D**

	Accommodation Camping		Ascent 1600M		Descent 350M		Time 8 hrs trekking		Distance 17KM
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DAY 4**Trek up above the tree-line onto the Mayum Danda. Overnight at Mayum (3150m).**

We continue trekking up towards the head of this wild and beautiful valley, passing the last of the settlement including the Limbu village of Surkhe with its terraced fields of barley and millet. Half an hour later we reach the watershed and turn westwards again to follow a trail which climbs up the forested ridge of the Tham Danda. We gain height steadily and pass a couple of clearings known as 'kharkas' which are used as summer grazing areas and typically have one or two stone shelters roofed with wood shingles. Finally we get above the tree-line and find ourselves on one of the high points of the Mayum Danda at 3300 metres. From here, we can see Everest (8848m), Lhotse, Makalu and Kangchenjunga. We'll take a break here to admire the view, before trekking along the ridge for a further hour, losing just a bit of height, to our lovely camp on the grazing ground at Mayum (3150m). We can't see Kangchenjunga from here, but the other peaks are still in view.

Meals: **B L D**

	Accommodation Camping		Ascent 1000M		Descent 280M		Time 5 hrs trekking		Distance 8KM
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DAY 5

Another super day of ridge-walking to Juke Pani (3000m).

One arm of the Mayum Danda turns away towards the north-west and from our high vantage point we can see our route along this ridge, meandering into the distance. Initially, we drop down into the forest again and we will be on the look-out for the grey langur monkeys which inhabit this area and for some of the many species of birds, including the Nepalese national bird, the danphe or monal which is a very colourful type of pheasant. This is some of the best ridge-walking in Nepal with views to Everest and Makalu from a couple of prominent viewpoints. This is a day of 'Nepali undulation'; never flat, but no big ascents or descents. We overnight at Juke Pani (3000m) a clearing on the ridge with views down to the villages of Okharbote and Yangma in the deep valley to the east. A 10-minute walk above our camp leads to a viewpoint for Everest, Makalu and Kangchenjunga.

Meals: **B L D**

	Accommodation Camping		Ascent 575M		Descent 725M		Time 5 hrs trekking		Distance 9KM
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DAY 6

Trek via the Laurebina La (3500m) to a camp just below the ridge of the Runa Danda (3370m).

The excellent ridge-walking continues as we climb straight from camp up to the Laurebina La (3500m) through forest to begin with and then more open. We skirt below a low summit to reach the collection of basic shelters at this atmospheric pass. Situated at the heart of a knot of interconnected ridges and valleys, this is a real wilderness area, far from the nearest road and offering a taste of the 'real Nepal'. Ahead of us, to the north, we can see our route towards the ridge of the Runa Danda and the location of the pass known as the Salpa Bhanjyang. Beyond, we can also see the snow-capped peaks of the Nepal Himalaya which are getting a little closer now. We descend from the pass easily and gain another broad ridge which we follow mostly on its right side, sometimes amongst trees and sometime in the open. There are several cleared grazing areas used seasonally by herdsman from the villages of Runa and Chhyaksila which we can see below us to the east in the valley of the Irkhuwa Khola. The last hour of the day's walk is uphill again towards the Runa Danda. Access to water means we are likely to camp just before the ridge-top in another fine, open camping place with great views. It's just a short hike up to the crest of the ridge for sunset views northwards to Makalu.

Meals: **B L D**

	Accommodation Camping		Ascent 1270M		Descent 900M		Time 7 - 8 hrs trekking		Distance 13KM
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DAY 7**Trekking on the Runa Danda to Bikhe (3300m).**

We start this relatively short day with the 100 metre ascent to the ridge-top which is here known as the Runa Danda. At this point we are just a couple of kilometres to the west of an important crossing point of the ridge at the Salpa Bhanjyang (3350m). This pass is on well-established trek from the Arun Valley towards the Khumbu. Looking down from the ridge we can see the onward route of this trek, the Sherpa village of Sanam and in the distance the green terraced farmland of Bung. Turning toward the west, we drop down into a notch in the ridge and then climb again, passing a large stone shepherd's hut to reach a rounded, grassy summit at around 3600 metres. This is another great viewpoint from where we can see Kusum Kanguru, Mera Peak, Chamlang and Makalu. We can also see our route ahead, as it follows the ridge, then drops down through the forest on the north side of the ridge to a prominent clearing. We should get to our campsite by early afternoon and have time to chill out.

Meals: **B L D**

	Accommodation Camping		Ascent 690M		Descent 760M		Time 4 hrs trekking		Distance 7KM
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DAY 8**Back up to the ridge and trek via Ghyang Peak (3600m) to Ghyang Kharka (3450m).**

After breakfast at camp, we trek back up through the forest to the ridge, which we follow westwards again. After a kilometre or so the ridge rises up gradually to the viewpoint of Ghyang Peak (3600m) which lies to the north of the ridge-line. It's an easy walk across to this high-point with views of all of the peaks that we have been seeing for the last couple of days, plus Numbur, Lhotse, Cho-Oyu, Ghayachung Khang, Kangchenjunga etc. Returning to the main ridge trail, we trek through a forest of rhododendrons and oak down to a low point on the ridge with another shepherd's camp. This is the place known as Ghyang Kharka and our camping place for the night. Again, we should be at camp by lunch time and have time to do some exploring. This is another place where we could see the Nepalese national bird, the danphe.

Meals: **B L D**

	Accommodation Camping		Ascent 400M		Descent 250M		Time 2 - 3 hrs trekking		Distance 4KM
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DAY 9**Trek down through the forest to Dimbul (2360m).**

If the weather is clear, it's good to make an early start and hike back across to Ghyang Peak for the sunrise views. Then back to camp for breakfast, before trekking down through several traditional villages

that lie on the eastern slopes above the Dudh Kosi River. We turn southwards to begin with, before cutting down towards the west, still in the forest. There are lot of woodcutters' trails amongst the trees and the local team will keep everyone on track as we drop down to the village of Bagur. An onwards to our overnight camping place at Dimbul (2350m), a village which is home to both Tamang and Sherpa people. We have lunch at camp and in the afternoon can visit the 500-year-old monastery.

Meals: **B L D**

	Accommodation Camping		Ascent 120M		Descent 1210M		Time 4 hrs trekking		Distance 7KM
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DAY 10

Drop down to the Dudh Khosi and trek up to Sotang (1540m).

Looking westward across the deep valley of the mighty Dudh Kosi (which flows down from Everest) we can see the location of our next camp at Sotang. It's about 6 kilometres away as the crow flies, but we will have to take a slightly longer route. We drop down pretty directly on a sinuous ridge following a trail which winds its way amongst terraced fields and between farmsteads, with lots of opportunity to interact with the local people. The path then crosses the ridge and zig-zags its way down through the forest to a bridge across the Hongu River a short distance above this river's confluence with the Dudh Kosi. We then climb up to cross a spur and drop down to a second bridge across the main river. From here, it's steeply up and then less steeply, as we contour around to the village of Sotang (1540m) which is, once again, situated on the sunny side of an east-west trending ridge.

Meals: **B L D**

	Accommodation Camping		Ascent 430M		Descent 1240M		Time 5 - 6 hrs trekking		Distance 13KM
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DAY 11

Drive via Phaplu to Dhap (2930m).

The jeep road is now linked through to Sotang and after breakfast at camp and saying goodbye to our trekking crew, we board our transport for the first stage of our drive back to Kathmandu. Today's 4 to 5-hour drive heads initially north on a rough road above the Solu River to Phaplu and then southwards to Dhap (2930m) where we check in at our lodge accommodation and have the chance of a welcome shower and a beer. If the conditions are clear there are views northwards from Dhap to distant Mount Everest.

Meals: **B L D**



Accommodation
Lodge

DAY 12

Drive from Dhap to Kathmandu.

After breakfast at our lodge we board our transport for the 7 to 8-hour drive back to Kathmandu. Passing through picturesque 'Middle Hills' terrain, the road gradually improves and the journey to Kathmandu including a stop for lunch en-route. On this first night after our trek we will have a celebration dinner at one of Kathmandu's excellent restaurants.

Meals: **B L D**



Accommodation
Hotel with swimming pool

DAY 13

Free day in Kathmandu for sightseeing, shopping or relaxing.

Since the flight from Phaplu is weather dependent it is important to have this contingency day. If we have flown the previous day this will be a free day in Kathmandu with plenty of opportunity for independent sightseeing. In the evening the group will come together again for the evening meal at another of Kathmandu's restaurants.

Meals: **B L D**



Accommodation
Hotel with swimming pool

DAY 14

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.

Meals: **B**

Extensions

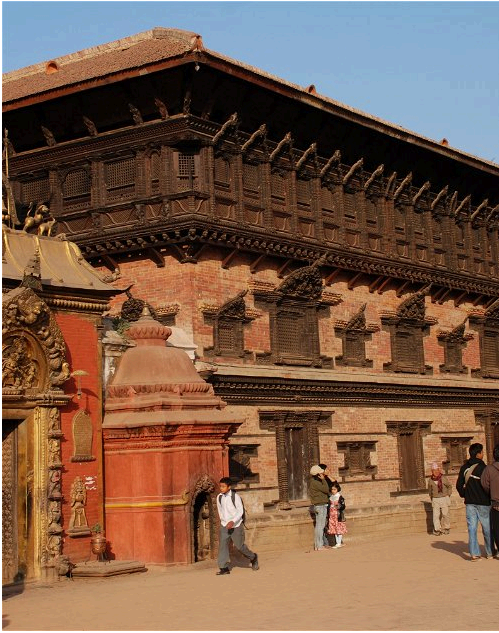
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



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
- Flight Kathmandu to Tumlingtar
- All land transport involved in the itinerary
- Accommodation as described
- All meals
- Full trekking service including all equipment (excluding personal equipment)
- 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 included in the holiday price from dinner on Day 1 to breakfast on Day 14.

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.

Our camping holidays in Nepal are accompanied by an experienced and well trained trek cook and his team of assistants. Breakfasts will include porridge or cereals and sometimes eggs, with tea, coffee and hot chocolate. Lunches are generally prepared on the trail and can include cooked or tinned vegetables, rice, chips, freshly made Tibetan bread, as well as tinned tuna, meats or cheese. On occasion this can be augmented by noodle soup. Dinners always start off with soup, followed by a locally inspired main course such as rice, dal and spicy vegetables, or a more international dish like pasta with a tomato sauce or pizza and chips. Dessert can be tinned fruit with custard or rice pudding or cake with custard. The emphasis is on providing a high-carbohydrate and largely vegetarian diet, which we have found to be easily digestible at high altitude. During this trek there will be very few opportunities to purchase snacks and drinks from simple shops and tea houses. All meals while on trek and also while staying at your Kathmandu hotel are included in the trip price.

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

During this holiday the group will spend 3 nights in Kathmandu at an excellent and centrally-located hotel such as the Shanker. There is also a single night at a simple lodge in Phaplu at the end of the trek. Whilst on trek there are 9 nights full-service camping. This is camping in some style, where we provide spacious 2 person tents (foam mattresses are also provided), a dining tent complete with table and chairs where you will eat your meals and relax, a kitchen tent in which the cook crew produce your meals and one (or more usually two) toilet tents. Your local crew will set up the camp each evening and take it down again in the morning. You will be served with a cup of 'bed-tea' each morning and provided with a bowl of water with which to wash. Water for hand washing is also provided at each meal. On arrival into camp each afternoon hot drinks and snacks will be provided in the dining tent. All accommodation is arranged on a twin sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. It is possible to hire a single tent while on trek for an additional cost. Please note single tent hire does not include single rooms in hotels. For the 3 nights in Kathmandu single room occupancy can be arranged at supplementary cost. Additional hotel nights in Kathmandu can also be pre-booked.

Internal flights

Access to the high and remote areas of the Himalaya where our treks start is often only possible using internal flights. The changeable nature of mountain weather makes flying conditions complex. In addition, the Civil Aviation Authority of Nepal does not operate to the same standards as those of western nations and all airlines in Nepal appear on the UK Air Safety List (ASL), and are banned from operating commercial air services to, from, and within the United Kingdom. Flying in Nepal is an acknowledged risk, and the UK Foreign and Commonwealth Office travel advice provides further details which you can read on their [website](#). KE is mindful of its duty of care to clients travelling with us in Nepal and we are stakeholders in an annual independent air audit of Nepal airlines undertaken by UK tour operators, most recently undertaken in February 2024. KE uses 5 airlines in Nepal which have been approved by this audit. These airlines are: Buddha Air, Summit Airlines, Shree, Tara and Yeti. We continue to cooperate with other tour operators to monitor aviation safety in Nepal and will ensure we remain a stakeholder in any further air safety audits. While we have taken appropriate action to try to minimise the risks of flying in Nepal, you should be aware that flying in mountainous terrain is not without any risk.

Please note that poor weather can cause delays on internal flights. If at the start of your holiday internal flights are cancelled for the day, you will spend an extra night near the airport (this may be at a hotel other than the group hotel). On the majority of trips there is enough flexibility in the trekking itinerary to make up 1 or possibly 2 lost days, but an alternative trek will be provided if delays to internal flights mean the original itinerary (or a shortened version of it) is no longer feasible.

For trips that end with an internal flight out of the mountains with no alternative road access, we have included 2 nights in Kathmandu as a contingency against delay. In the extremely unlikely event that a delay to your internal flight causes you to miss your homeward international flight, KE will re-book international flights for Flight Inclusive clients, but please be aware that clients booking on a Land Only basis will be responsible for re-booking their onward travel and for any associated costs. We advise you to take out suitable travel insurance and to keep your receipts, as you may subsequently be able to make a claim.

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 moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

Approximately £150 (or equivalent in US dollars, Euros etc.) changed into local currency, should be allowed for miscellaneous expenses including porter and trek crew tips, 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 there are few opportunities to purchase anything.

Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the tips are given 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 is 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. For all flights to and from STOL airstrips in Nepal the maximum allowance for hold baggage AND hand baggage combined is 15kg and you should make every effort to keep to this total weight. It is usually not a problem to check in a couple of kg more than this, but you may be required to pay a small excess luggage charge. 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

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.

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.

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 or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be aerobically fit and also comfortable with walking for around 5 to 6 hours each day. We would suggest that you adopt a weekly exercise regime. Regular walking in hill country is the best preparation for a trip of this nature, but running, cycling and swimming are also good for developing better stamina. Whatever your chosen method of training, before departure, we suggest that you try to fit in a number of long walks in hilly country.

Climate

March to May and October to December are the best seasons to visit Nepal. These months either side of the monsoon are neither too hot nor too cold, offering the best conditions for trekking. At either of these periods you will encounter a wide range of daytime temperatures during your trip, from approximately 25°C in Kathmandu to around 12°C at 3500 metres. The 'real feel' temperature in the middle of the day will be much warmer than this in the sun. At night in the rarefied air the temperatures plummet. You can expect to experience overnight temperatures at 3000 metres as low as 0°C. 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 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 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.
- Field Guide to Birds of the Himalayas. Bikram Grewal
- Portraits of People:Nepal Himalayas. Eric Valli
- Nepal: Lonely Planet Pictorial. Richard l'Anson
- The High Himalaya. Art Wolfe

Maps

Jiri . Pikey Peak . Tumlingtar . Rumjatar . Phaplu. (Nepal Map Publisher). 1:125,000

Low-cost maps available in Kathmandu cover the route of this 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. It is possible to leave clothes or other items not required on trek at the group hotel.

You must bring the following items:

- Hiking boots
- Gaiters
- Trekking trousers
- Waterproof overtrousers
- Travel clothes
- Baselayer shirts
- Baselayer leggings
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- 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
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep your kit bag contents dry)
- Daypack approximately 30 litres
- Sleeping bag (comfort rated -10°C)*
- 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).
- Small padlock (to lock your kit bag)

The following items are optional:

- **Thermarest or similar camping mat
- Trainers or similar for camp use
- Shorts
- Sleeping bag liner
- Swimwear
- Trekking poles (strongly recommended)

- 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.

**Foam mattresses are provided. Taking an additional Thermarest or similar mattress is optional.

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 trekking 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

Why KE

In search of the 'Real Nepal' Visiting remote villages where trekkers are a rarity, hiking on trails used only by local shepherds and camping where few have camped before; this is what we hope to find on this reconnaissance trek through Nepal's Middle Hills.

Please Note This document was downloaded on 14/05/2024 and the trip is subject to change