Saipal Himal Wilderness Trek

Trip Code: PXSP

Version: Saipal Himal Wilderness Trek

PIONEER	GUIDED GROUP	8 CHALLENGING

HIGHLIGHTS

- Hike to Saipal East and Saipal West Base Camps
- Visit isolated Buddhist villages influenced by centuries of Tibetan culture
- Cross spectacular Himalayan passes above 4200 metres
- Camp in remote alpine valleys beneath snow-capped peaks
- Discover exceptional Himalayan flora and fauna

AT A GLANCE

- 6 nights hotels and lodges
- 15 nights camping
- 16 days trekking
- Max altitude - 4700 metres
- Join at Kathmandu

ACCOMMODATIONS & MEALS

- 21 Breakfasts
- 16 Lunches
- 16 Dinners
- 4 nights Hotel
- 2 nights Lodge
- 15 nights Camping

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Hidden deep within the remote mountains of north-western Nepal, the Saipal Himal Wilderness Trek is an extraordinary journey through one of the least-visited trekking regions in the Himalaya. Developed as a new and exploratory route, this unique expedition traverses the pristine alpine landscapes of Upper Humla, connecting traditional Buddhist settlements, high mountain passes, glacial valleys and remote pastoral lands beneath the towering presence of Saipal Himal (7031 m). Humla is a region where ancient traditions continue largely unchanged. Here, you can expect to encounter centuries-old communities, seasonal yak herders, vast alpine meadows, and the enduring practice of transhumance, where local families migrate with their livestock to high summer pastures. The trek explores both the western and eastern flanks of Saipal Himal, crossing the spectacular Syakup Lagna Pass (4214 m) and the Sakya Lagna Pass (4709 m). From flower-filled alpine meadows to glacier-fed lakes, from remote campsites to panoramic Himalayan viewpoints, every day reveals a different facet of this hidden Himalayan frontier. Designed for adventurous trekkers seeking genuine wilderness and cultural immersion, the Saipal Himal Wilderness Trek offers a rare opportunity to experience a region that few outsiders have ever explored.

Is this holiday for you?

Rarely trekked, this circuit in the far-western district of Humla includes village trails well-trodden by local people as well as scant shepherds' paths on shale and scree crossing high passes. The trek is relatively sustained with some longish days, but there is also an acclimatisation day after 4 days of trekking and a couple of shorter days during the walk-out from the second of the base camp areas that we visit. Since there are no lodges in this region, this is a camping trek with a full Nepalese crew.

Itinerary

Version: Saipal Himal Wilderness Trek

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.

Accommodation
Hotel

DAY 2

Fly from Kathmandu via Nepalgunj to Simikot (2950m).

The journey begins with an early morning 50-minute flight from Kathmandu to Nepalgunj, followed by a connecting 40-minute mountain flight to Simikot (2950m), the administrative headquarters of Humla District and the gateway to Nepal's remote north-western Himalaya. On a clear day, the flight offers spectacular views of the Himalayan range, including Manaslu, Annapurna, Dhaulagiri and Nilgiri. The final sector to Simikot is particularly memorable as the aircraft weaves through deep valleys and rugged mountain landscapes before landing on the hilltop airstrip. Upon arrival, meet the expedition crew and settle into the simple lodge accommodation. Simikot is a fascinating mountain settlement where different cultures and trade routes converge. Spend the afternoon exploring the village with its traditional houses and terraced hillsides, whilst enjoying the first views of the peaks that will accompany the expedition in the days ahead.

Meals: **B L D**

Accommodation
Lodge

DAY 3

Trek from Simikot to Dharapuri (2350m).

The trek begins with a gradual ascent from Simikot towards Lagna village before reaching a scenic crest overlooking the Karnali Valley. From here, enjoy sweeping views of Simikot, the Karnali River and the surrounding mountain landscape. The trail then descends through beautiful conifer forests, home to a variety of wildlife and birdlife. Along the way, pass through traditional settlements such as Dandafaya, where centuries-old mud-roofed houses offer a glimpse into the daily lives of Humla's Khas communities. After lunch in Majhgaon, continue along a pleasant trail overlooking the Karnali River. Snow capped peaks begin to appear on the horizon as the route passes through small villages and cultivated terraces before reaching the small settlement of Dharapuri, near the river.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	330M	930M	4 - 5 hrs trekking	9KM

DAY 4

From Dharapuri to Kermi (2900m).

Today's walk continues to follow the Karnali River, crossing the first suspension bridges of the trek and passing cultivated fields of millet and barley, the landscape gradually reveals the cultural transition from Hindu dominated lower Humla to the Tibetan-influenced Buddhist communities of the upper valley. Prayer flags begin to appear along the route and traditional stone houses become increasingly common. En route, we'll pass the beautiful Chyachhara Waterfall before reaching the picturesque village of Kermi. Following lunch, there is time to explore the village and visit the nearby natural hot springs. Surrounded by apple orchards and mountain scenery, the hot springs provide a perfect opportunity to relax your tired feet.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	600M	50M	4 - 5 hrs trekking	10KM

DAY 5

Trek from Kermi to Yalbang (3000m).

Leaving Kermi behind, the trail follows a combination of traditional footpaths and sections of the historic trade route connecting Humla with China (Hilsa). The walk passes through pine forests, grazing areas and small settlements where local families continue their traditional pastoral lifestyle. After crossing the Salli Khola, whose waters descend from the remote Limi Valley, the route gradually approaches Yalbang, one of Upper Humla's most important Buddhist settlements and place with the basic facilities of school, monastery, bank, health post. A visit to the Namkha Khyung Dzong Monastery offers a valuable insight

into the spiritual traditions of the region. Perched high above the valley, the monastery remains an important centre of learning and Buddhist practice. We descend to a riverside camping place (3000m) below Yalbang.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	670M	570M	6 hrs trekking	12KM

DAY 6

Trek across the Syakup Lagna Pass (4200m) to Chala (3700m).

Today marks one of the expedition's most rewarding trekking days. Crossing the Karnali from Yalbang, we ascend beside the Puiya Khola, passing alpine meadows, seasonal grazing grounds and patches of rhododendron scrub. After lunch at Puiya Kharka, we continue the ascent towards the Syakup Lagna Pass (4200m). The upper slopes are rich in alpine vegetation, including rhododendron variants, plants traditionally used by local communities for incense and medicinal purposes. From the pass, we can enjoy magnificent views of Saipal Himal, Karang Peak, the Kermi Valley and distant landscapes stretching towards Limi. A scenic descent then leads to the traditional Buddhist village of Chala, where prayer flags flutter above stone houses beneath the towering peaks.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	1330M	630M	7 hrs trekking	11KM

DAY 7

A day for acclimatisation at Chala.

Having gained almost 700 metres yesterday we need to spend a second night at this elevation before going higher. Quiet and unspoiled, with far-reaching views across the surrounding Himalayan foothills, Chala is a great place to spend a day. Getting up early to witness the sunrise is highly recommended. We will have the option to hike up to a nearby viewpoint to make the best of the views and can spend the day looking out for Himalayan flora and fauna, including soaring birds of prey.

Meals: **B L D**

Accommodation
Camping

DAY 8

Trek from Chala to Thulo Kharka (4000m).

The route continues westward along a little-used trail traversing remote grazing landscapes beneath the Saipal range. Throughout the day, there are excellent opportunities to observe wildlife, particularly Himalayan blue sheep which are frequently seen grazing on the surrounding hillsides. The trail passes numerous kharkas (seasonal pasture settlements) where local herders spend the summer months tending yak, sheep and goats. After lunch at Pui Kharka, a more demanding section of trail ascends and descends across rugged terrain shaped by landslides and seasonal weather. We set up camp at Thulo Kharka, an open expanse of pastureland beside the Karang Khola.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	850M	530M	5 hrs trekking	13KM

DAY 9

Saipal West Exploration. Overnight at Pui Kharka.

We have an early start as we set out to explore the western approaches of Saipal Himal. The trail follows the dramatic Karang Valley through rugged alpine terrain shaped by glaciers, rivers and landslides. Along the route, keep watch for blue sheep grazing on the surrounding slopes and discover a rich variety of alpine plants, including wild garlic and seasonal mountain flowers. The valley offers exceptional wilderness scenery and a profound sense of isolation rarely experienced on Nepal's more popular trekking routes. After reaching the Saipal West viewpoint and spending time exploring the area, we retrace the route and continue to Pui Kharka (3900m) for the night's camp.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	550M	750M	6 hrs trekking	14KM

DAY 10

Pui Kharka to the Gurgure Khola.

The route returns towards Chala before branching into a lesser-used valley system. Descending to Karang Khola and crossing its glacier-fed waters, the trail gradually climbs through rolling alpine terrain and isolated grazing grounds. As the day progresses, expansive views open towards the surrounding ridges and valleys explored earlier in the expedition. The landscape becomes increasingly wild and remote, with few signs of permanent habitation. We set up camp beside the beautiful Gurgure Khola (3800m), where the soothing sound of flowing water provides a peaceful backdrop for the evening.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	900M	1000M	7 hrs trekking	15KM

DAY 11

Cross the Sakya Lagna Pass (4709m) to Lepche Kharka.

Today is the highest and arguably most spectacular day of the expedition. A steady ascent leads through alpine meadows and seasonal grazing grounds to Khanipur Kharka before climbing towards the Sakya Lagna. From the summit of the pass, breathtaking panoramas unfold across the Saipal Himal range, Karang Peak, Chhote Kang and distant Tibetan mountains beyond the northern frontier. The pass also lies within one of the important habitats of Yarsagumba (Cordyceps sinensis), the prized Himalayan caterpillar fungus that supports seasonal livelihoods across the region. Descending from the pass, there are colourful mountain tarns, wildflower meadows and high grazing areas before we reach our camp at Lepche Kharka (4100m).

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	950M	650M	5 - 6 hrs trekking	9KM

DAY 12

From Lepche Kharka to Rani Kharka.

Descending gradually into the valley of the Kuwari Khola, we reach the valley floor at around 3500 metres elevation. Here, the landscape opens out into a broad pastureland used by local herders during the summer months. We hike up the valley for a couple of kilometres towards Saipal East (7031 m) whose snow-covered slopes dominate the eastern horizon. During the summer season, the meadows come alive with grazing yak herds, shepherd camps and vivid alpine vegetation. We set up camp at Rani Kharka (3550m), one of the summer encampments, and spend the afternoon exploring the valley or simply enjoying the tranquility of this remarkable Himalayan setting.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	100M	650M	3 hrs trekking	7KM

DAY 13

Excursion to the Nunekhara Glacier and Rani Kharka Lake beneath Saipal East.

Today, we will set out to explore up towards one of the nominal base camp area for Saipal East, following the glacier-fed Kuwari Khola. Shortly above our camp we come across the spectacular Rani Kharka Lake (Nunekhara) and from here, depending on the conditions, we can choose one of two options for out and back walks to viewpoints at around 4000 metres elevation which allow us to make the most of the surrounding peak and glacier landscape. Today's excursion is probably one of the highlights of the whole trek. We return to Rani Kharka by mid-afternoon.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	400M	400M	5 - 6 hrs trekking	8KM

DAY 14

Rani Kharka to Dhaule Kharka.

We now have two short days to take us down the valley of the Kuwari Khola, passing a number of shepherding camps that are a feature of this remote summer grazing territory. After a leisurely breakfast, we set out eastwards, following the stream, and reach our overnight camp at Dhauli Kharka (3400m) at lunchtime. Afternoon free for contemplation. Surrounded by pristine mountain scenery and high grazing lands, the campsite provides a peaceful setting to relax and enjoy the changing light over the surrounding peaks.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	200M	350M	3 - 4 hrs trekking	9KM

DAY 15

Dhaule Kharka to Lampato.

We have a second easy day, following the river downstream and with plenty of time to appreciate the beauty of this high-altitude wilderness. We can expect more meetings with seasonal herders at their temporary camps. Again, we should reach our overnight camping place at Lampato (2900m) by lunchtime. The remainder of the day can be spent appreciating the tranquillity and solitude of this remarkable Himalayan environment.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	50M	550M	3 - 4 hrs trekking	8KM

DAY 16

Lampato to Lama Chaur (3750m) via the Khadikhani Pass (4300m).

Heading eastwards from Lampato we have a long morning of ascent, initially turning into a tributary of the Kuwari Khola and then cutting up to the ridgeline on a shepherding trail which leads across a remote wilderness area. We reach the day's high point at the Khadikhani Pass (4300m) where we can look back to Saipal, before descending into the headwaters of the Khada Khola. The trail traverses the valley side at around 4000 metres and crosses a couple of minor passes before descending to the open grassland of the grazing ground of Lama Chaur (3750m), a clearing surrounded by forest. High above the Karnali River, this isolated camping place provides another memorable overnight stop.

Meals: **B**

Accommodation	Ascent	Descent	Time	Distance
Camping	1700M	850M	8 hrs trekking	11KM

DAY 17

Lama Chaur to Chhipra (2100m).

We have a long and spectacular descent this morning, in and out of the trees on a broad ridge, steep in places, through a mix of forest and grazing areas with views down to the pretty terraced fields and farmed land of a number of villages including Raya (2400m). We trend towards the north and turn steadily eastwards as we near the valley floor. We pass through Raya and take a break for lunch before completing the final few kilometres to our camping place at Chhipra on a trail which follows the west bank of the Karnali.

Meals: **B L D**

Accommodation	Ascent	Descent	Time	Distance
Camping	300M	1950M	5 - 6 hrs trekking	12KM

DAY 18

Chhipra to Simikot (2985m).

The final short day of trekking follows traditional village trails back towards Simikot, the administrative centre of the district of Humla. Passing through cultivated farmland, terraced fields and small settlements, the route offers a final opportunity to observe the daily lives and agricultural traditions of local communities. As Simikot comes into view, the journey through one of Nepal's most remote and least visited Himalayan regions draws to a close - the completion of an extraordinary expedition. Free time in the afternoon.

Meals: **B L D**

Accommodation Lodge | **Ascent** 950M | **Descent** 55M | **Time** 4 hrs trekking | **Distance** 8KM

DAY 19

Fly via Nepalgunj to Kathmandu.

Our early morning flight to Nepalgunj offers a final aerial perspective of the colourful ridge and valley landscape of Nepal's 'middle hills' as we head south towards the lowlands. Arriving in Nepalgunj, we connect with the onward flight to Kathmandu where we check in at our hotel. The remainder of the day is free for relaxation, independent exploration or for shopping in the bazaars.

Meals: **B**

Accommodation
Hotel

DAY 20

Contingency day.

An additional reserve day has been included within the itinerary to accommodate potential weather-related delays, particularly on flights operating between Simikot and Nepalgunj. If we have not lost any time, this day can be used for additional sightseeing, relaxation or for independent activities in Kathmandu.

Meals: **B**

Accommodation
Hotel

DAY 21

Free day in Kathmandu for sightseeing, shopping or relaxing.

This is another contingency day in case of delays. If there have been no delays, this is another opportunity for independent exploration amongst the colourful streets and temples of Kathmandu. Ancient temples, bustling markets, Shopping and UNESCO World Heritage Sites offer a fascinating contrast to the remote mountain landscapes experienced during the previous weeks.

Meals: **B**

Accommodation
Hotel

DAY 22

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**

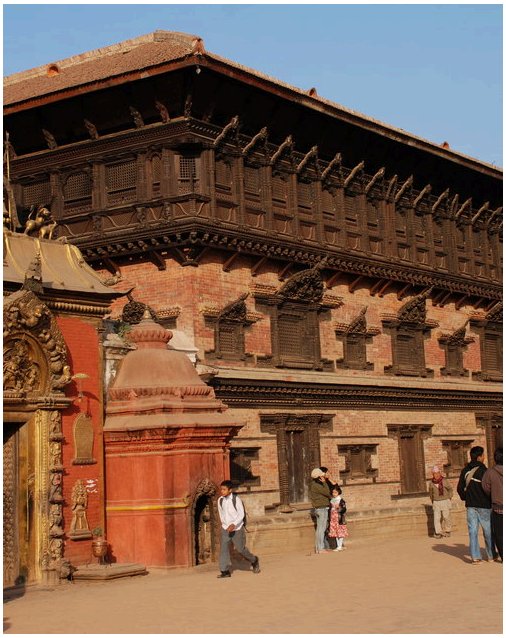
Extensions

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$1,680 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
- Internal flights and any land transport involved in the itinerary
- Accommodation as described
- Meals as per the Meal Plan
- 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
- Some meals as per the Meal Plan
- 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

Breakfasts are included when at the hotel in Kathmandu. All meals are included outside of the Nepalese capital.

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.

Food & Water

Drinking 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.

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 2 nights in a simple lodge at Simikot and 15 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. Accommodation is generally arranged on a twin sharing basis and if you are travelling by yourself you will be paired up with someone of the same sex. For the hotel nights in Kathmandu single rooms are available at supplementary cost. It is also possible to pre-book single tent occupancy at additional 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. KE only uses airlines in Nepal which have been approved by this audit. 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 accompanied by a professional English-speaking local leader throughout the trip. Whilst on trek there will also be a trek crew, including a cook, several Sherpas and a team of 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 £250 to £300 (or equivalent in US dollars, Euros etc.) changed into local currency, should be allowed for miscellaneous expenses including porter and trek crew tips, beers, 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. It will generally not be possible to buy snacks or other items during the trek.

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 £140 (in rupees) to these tips - although the amount you give is entirely up to you. 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. 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.

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.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

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.

NEW REQUIREMENT - FNMIS - Foreign Nationals Management Information System

The Nepalese Department of Immigration has introduced this system which aims to assist in the tracking of foreign nationals when in Nepal. It is intended to streamline service delivery and to ensure the safety of travellers. It does not collect any additional personal data beyond that which is already obtained through existing immigration procedures.

You are required to download app before travelling. Use the app download links below:

• iOS: https://apps.apple.com/us/app/department-of-immigration/id6749536250

• Android: https://play.google.com/store/apps/details?id=com.govnp.doi

Please Note: The system is not yet operating smoothly and if you have problems accessing the app or making it work, you can travel without it. You will be assisted to register on arrival in Nepal and your details can still be entered manually if necessary at hotel check-in, airport etc..

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

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.

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. For this trip you need to be aerobically fit and also comfortable with walking for up to 8 hours on some of the days. We would suggest that you adopt a weekly exercise regime. Regular walking in hill or back country is the best preparation for a trip like this but if this is not possible, running, cycling and swimming are good for developing better stamina. Regardless of your exercise regime, before departure we suggest that you try to fit in a number of long walks in hilly country.

Climate

Mid October is a good time to visit the far-west region of Humla. None of the trek is much below 3000 metres elevation and the maximum daytime temperatures are likely to be around 20 degrees centigrade at the lowest levels, falling to just 10 or 12 degrees centigrade above 4000 metres, although it can feel warmer than that in the sun. When the sun goes down, the temperatures fall rapidly and the night-time temperatures at our highest camps will be at or below freezing. This region, north of the main chain of the Himalaya, usually sees little in the way of precipitation at this season, but it should be remembered that in mountains, localised storms do occur and the possibility of rain or snow cannot be ruled out.

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 before 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. All other nationalities should check their government websites for relevant information.

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 directly 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

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 poles (see notes)
- Microspikes (Kahtoola or similar) footwear traction (see notes)
- Sandals or similar for river crossings
- Gaiters
- Trekking trousers
- Waterproof overtrousers
- Baselayer shirts
- Baselayer leggings
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Warm jacket (down)*
- 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)
- 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)*
- 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
- 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.

Trekking Poles and Footwear Traction. For this trip you must bring a pair of trekking poles and appropriate footwear traction such as the excellent Kahtoolah Microspikes. These will provide valuable assistance and help to prevent accidents on any slippery, icy or snow-covered sections of trail.

Repect Nepalese Custom. 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.

Why Choose KE

Why KE

With our proven track record of providing new and adventurous trekking holidays, KE is your No 1. choice for Nepal!

Please Note This document was downloaded on 14/11/2026 and the trip is subject to change