

# Chulu Far East and the Hidden Valleys of Naar and Phu

Trip Code: CTL

Version: CTL Chulu Far East and Hidden Valleys of Naar and Phu



MOUNTAINEER



GUIDED GROUP



TOUGH



## HIGHLIGHTS

- Trek to the remote Buddhist villages of Naar and Phu
- Superb 6000 metre peak climb with amazing views of the Annapurnas
- New itinerary, better acclimatisation, great new approach trek, lower cost

- Excellent Kathmandu accommodation including the Hotel Shangri-La
- FREE sleeping bag, down jacket and climbing gear hire is available for this holiday

#### AT A GLANCE

- 17 days trekking and climbing
- Max altitude - 6059 metres
- Join at Kathmandu

#### ACCOMMODATIONS & MEALS

- All meals included
- 15 nights Lodge
- 4 nights Camping
- 2 nights Hotel

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

## Introduction

Beyond the Annapurna Himalaya, amongst a group of peaks known as the Manang Himal, the eminently climbable Chulu Far East (6059m) boasts a superb summit panorama that includes all of the Annapurnas, as well as a host of little-known peaks in Tibet. In a change to the way we run this classic climbing holiday we have chosen to make our approach to the mountain through the recently derestricted valleys of Naar and Phu.

Leaving the Annapurna Circuit trail at Koto, we spend a week in this lost Buddhist region, trekking northwards as far as the remote stone-built village of Phu, whose inhabitants continue to trade across the border into Tibet. We then turn off into a broad and rocky tributary valley and trek up to the similarly unspoiled village of Naar, before hiking up to cross the Kang La (5306m) and dropping down to Ngawal (3660m) in the Marsyangdi Valley. Two nights in a newly built lodge in Ngawal sets us up for the final approach to Chulu Far East. This great peak has been compared in character to Island Peak in the Everest region and offers some really interesting climbing without being too technical. From a high camp at 5335 metres, we make our ascent via straightforward snow-slopes to a sensational pinnacle summit which commands fantastic and far-reaching views. We then descend to Manang, principal town on the north side of the Annapurnas, and trek out via Chame to Tal before transferring back to Kathmandu. This refined itinerary gives us a much more interesting approach trek and better acclimatisation ahead of our climb on Chulu Far East. This is one of the very best trek and climb combinations in Nepal.

### Is this holiday for you?

Our walk-in to our mountain objective, Chulu Far East, takes us into a remote and little-visited corner of Nepal. We will encounter narrow, single-track village trails, with some steep ascents and descents and some exposed sections as we trek up into the valleys of Naar and Phu. From Naar, the long day of trekking to cross the Kang La will provide great fitness and acclimatisation training, before we make our final approach to the peak. The climbing on Chulu Far East via its south-west ridge is not technically difficult, but we will encounter a variety of terrain ranging from scree and boulder fields to glaciated slopes and an exposed final summit ridge. The team will climb roped together and fixed lines will be used to safeguard the ascents, with jumars provided. Instruction on the use of fixed lines and glacier crossing will be given during the trip. All participants should have previous experience of walking with

crampons and should be competent in the use of an ice axe and should know how to self-arrest. Clients should be physically fit and prepared for the rigours of climbing above 5500 metres. Throughout our walk in, as far as Ngawal, we will make use of sometimes quite basic lodge accommodation. There are 4 nights in tents above Ngawal.

# 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

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## 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

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## 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.

Dharapani is situated at the confluence of the tributary Dudh Khola where the Manaslu Circuit route meets the Annapurna Circuit trail. Here the Marsyangdi Valley turns towards the west, as we pass through the interesting Buddhist village of Bagar Chap. Manaslu is visible behind us. 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>Time</b> 6 hrs trekking		<b>Distance</b> 13KM
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#### DAY 5

### Leave the Annapurna Circuit and trek through the gorge of the Naar Phu Khola to Meta (3560m).

There is a checkpoint in Koto where we have to present our permits. We then 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. We find a suitable place for a lunch stop, before continuing our trek, with a fair amount of up and down and some sections of exposed trail hewn from the cliffs above the river. We reach our lodge accommodation in Meta (3560m) in the later afternoon.

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Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Time</b> 8 hrs trekking		<b>Distance</b> 16KM
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## DAY 6

### A rest and acclimatisation day in Meta.

Now above 3000 metres, we need to be careful to acclimatise properly and this means spending a second night at Meta. There is the option today to take it easy at our lodge, with plenty of opportunity for local exploration. Or, we can hike up the scant trail which leads due east from Meta to the basecamp area for the peak, Kangaru Himal (6981m). We don't have to go too far, as we are soon well up above 4000 metres elevation, with views towards the village of Naar which we will reach in a few days' time. We spend a second night in Meta.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Time</b> 3 - 4 hrs trekking		<b>Distance</b> 4KM
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## DAY 7

### Trek beside the Phu Khola to Chyako (3720m).

Today is reasonably short, as the only place (before Phu) with suitable lodge accommodation is Chyako. We follow the Phu Khola on a fairly level or gradually ascending trail to the small 'Tibetan' village of Chyako, which we reach in time for lunch at our lodge accommodation. The afternoon is free.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Time</b> 4 hrs trekking		<b>Distance</b> 8KM
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## DAY 8

### River gorge and riverside trekking to the main settlement of Phu (4200m).

From here the trail is steeper as we climb up 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 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! Continuing on another exciting section of trail, carved



into the walls of the river gorge, we descend to the river itself. A little further on our 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 where we set up our camp below the village at an altitude of approximately 4200 metres. It will take around 5 hours trekking to reach Phu from Chyako and we will be able to have a late lunch at our camp, with 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>Time</b> 5 hrs trekking		<b>Distance</b> 13KM
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## DAY 9

### Trek back down the Phu Khola as far as Naar Phedi (3490m).

We return to the Phu Gate and retrace our steps down the valley, stopping for lunch either at Chyako or in the temporary village of Junam Goth (3650m). We then continue downvalley, with a final steeper descent to a bridge across the river at Naar Phedi (3490m). There is no lodge here, but we can stay overnight in basic rooms at Sartek Monastery, an interesting experience.

Meals: **B L D**

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	<b>Accommodation</b> Lodge		<b>Time</b> 7 hrs trekking		<b>Distance</b> 18KM
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## DAY 10

### A short and easy day to Naar Village (4110m) and a free afternoon.

After breakfast at the monastery, we climb away from the narrow gorge of the Phu Khola and arrive at the village of Naar (4110m) in the late morning. Set amongst snow-clad peaks and surrounded by fields of mustard and barley, this is another very picturesque place. We will check in at our basic lodge and have lunch there. The afternoon is free to explore the village and its surroundings. There are several colourful gompas which are well worth a visit and it is also recommended to hike up to the line of prayer flags on the hill above the village for more spectacular views. The people of Naar make their living from spinning and weaving and the womenfolk can often be found hard at work in some sheltered and sunlit corner.

Meals: **B L D**



**Accommodation**  
Lodge



**Time**  
3 hrs trekking



**Distance**  
6KM

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## DAY 11

### Trek up to cross the Kang La (5306m) and make the steep descent to Ngawal (3660m).

A longer day today, as we cross the Kang La and descend into the Marsyangdi Valley. We start out with a gradual ascent of around 2 hours, passing through ancient moraines of this once glaciated valley to reach the meadows of Kangla Phedi (4530m) at the foot of the Kang La. We are then faced with a steady climb of over 700 metres to the summit of the Kangla Pass. This becomes increasingly steep as we gain height and it is not unusual to encounter snow patches during the last hour of the ascent. From the top there are fantastic views across the valley to Annapurna II, Gangapurna and Tilicho Peak. Far below we can see the Annapurna Circuit trail and make out the airstrip at Hongde. The trail down initially is steep and loose on a mix of snow and scree and care is needed. Reaching a plateau we take lunch and rest our tired legs, before contouring to Ngawal (3660m), still high above the valley, where we check in at a newly built lodge.

Meals: **B L D**

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**Accommodation**  
Lodge



**Time**  
8 - 9 hrs trekking



**Distance**  
13KM

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## DAY 12

### A rest day at the lodge in Ngawal.

We spend a rest day in this great little village, with its cobbled streets, prayer wheels and classic Tibetan architecture. This will allow us to prepare for the second part of this expedition; the ascent of Chulu Far East. Rest at the lodge or do some exploring in and around the village. We spend a second night at our comfortable lodge.

Meals: **B L D**

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**Accommodation**  
Lodge

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## DAY 13



## Trek up via the village of Chulu to a camping place at Yak Kharka (4000m).

Just a half a day of trekking today, as we start the approach to our objective peak. Leaving Ngawal, we climb steadily to the small village of Chulu with its flour mill. Above this village, we continue to ascend beside the Chulu Khola, before crossing this stream at a bridge and hiking up through fir and juniper woodland to a small meadow and herder's hut at around 4000 metres. We set up our first camp of the holiday.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Time</b> 3 - 4 hrs trekking		<b>Distance</b> 7KM
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### DAY 14

## Trek up to Chulu Far East Basecamp (4835m).

Above us now there is an obvious escarpment and 2 impressive waterfalls and it is a steep and relentless ascent of around 3 hours to reach the top of this ridge where we get our first views of Chulu Far East. The usual basecamp for the mountain is located in a wide bowl beyond the ridge top

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Time</b> 5 hrs trekking		<b>Distance</b> 5KM
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### DAY 15

## Trek to a high camp beside a glacial lake (5334m).

Another short day, trekking away from our basecamp on a reasonably obvious trail across a moraine field. Cresting the ridge we encounter a moonscape of rocky debris, the remnants of a receding glacier, and a small lake. We set up our high camp beside this lake at an altitude of approximately 5255 metres. After lunch, there is the opportunity for the guides to take us through the simple techniques of roped glacier travel and using fixed lines for safety. It is also a good idea to get some rest and make final preparations for the climb.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Time</b> 3 hrs trekking		<b>Distance</b> 3KM
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**DAY 16****Climb Chulu Far East peak (6059m). Return to Basecamp (4835m).**

Before dawn the Sherpas will wake us up with a cup of hot tea. We will probably have our breakfast in bed today before getting ready and stepping out into the cold night air. Dawn will be well on its way by the time we set off up the initial slopes to a prominent col which we should reach in about an hour from camp. From the col we cross easy angled snow slopes for around 100 metres of ascent before the route steepens as we negotiate a 'bulge' where the slope angle is around 40 degrees inclination. A second bulge can usually be avoided by taking a traverse out toward the rock of the ridge and then working our way back up easy angled snow to the crest. Now begins the best part of the climb up a narrow fin of a ridge for around 200 metres to a perfect mountain summit. There are tremendous views of all the Annapurnas plus Manaslu, the Ganesh Himal and to the north we can look over the dry barren landscape of Mustang and Tibet. Having had our fill of the scenery we can enjoy some more sensational climbing situations as we reverse our route first to the col and then to high camp. After some rest and refreshment here we continue the descent to basecamp where we will no doubt receive a congratulatory welcome from our crew.

Meals: **B L D**



**Accommodation**  
Camping



**Time**  
8 - 10 hrs trekking/climbing



**Distance**  
12KM

**DAY 17****Trek down to the Marsyangdi Valley and continue on the Annapurna Circuit to Manang (3520m).**

A day of downhill, starting with the return to Chulu Village where we take lunch. From here we continue the descent to reach the main trail coming from Ngawal which turns and runs parallel to the course of the Marsyangdi River, before dropping to Mungdi at which point we have rejoined the Annapurna Circuit trail. From Mungdi, it is a further hour up the valley to the bustling town of Manang where we can enjoy a celebratory beer.

Meals: **B L D**



**Accommodation**  
Lodge



**Time**  
6 hrs trekking



**Distance**  
15KM

**DAY 18****Start our walk-out, through Braga and Ngawal and down to Lower Pisang (3200m).**

We start our walk-out now, heading gently downhill to the village of Braga, where there is one of the most impressive monasteries in the valley, built into a rocky crag. From here, we choose to trek on the

higher trail via Ngawal, where we stop for lunch, before continuing to another beautiful village, Ghyaru (3720m). We have chosen to take this higher trail because the views of the mountains from here are simply breathtaking, including Tilicho Peak, Gangapurna, Annapurna II, III & IV. The trail now descends steeply for a couple of kilometres, then levels out before we reach our overnight lodge at Lower Pisang.

Meals: **B L D**



**Accommodation**  
Lodge



**Time**  
5 - 6 hrs trekking



**Distance**  
16KM

## DAY 19

### Follow the Annapurna Circuit trail gently downhill through Chame to Koto (2600m).

Still heading down-valley on the main trail, we are confronted by the dramatic spectacle of the Paungda Danda, a smooth slab of curving rock that rises 1500 metres almost vertically from the river. As we lose sight of this monolith, we reach a section of trail that is cut into the cliff side and there are also quite extensive areas of fragrant woodland, including juniper and pine. Beyond Bhratang, we reach the administrative centre of Chame and, shortly thereafter, our overnight stopping place at Koto (2600m).

Meals: **B L D**



**Accommodation**  
Lodge



**Time**  
6 hrs trekking



**Distance**  
17KM

## DAY 20

### Trek beside the Marsyangdi River to Dharapani and from there transfer to Besishar.

Here, we are close to the confluence of the Naar-Phu Khola where we started our trek into the Naar-Phu valleys more than 2 weeks ago. We have a final morning of trekking, gradually downhill beside the Marsyangdi River, to Dharapani where the valley opens out a little. Here we meet our transport and begin our drive back to Kathmandu with a 4 to 5 hour stage in 4WD vehicles to Besishar.

Meals: **B L D**



**Accommodation**  
Lodge



**Time**  
4 hrs trekking



**Distance**  
15KM

## DAY 21

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## **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**



**Accommodation**  
Hotel

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### **DAY 22**

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

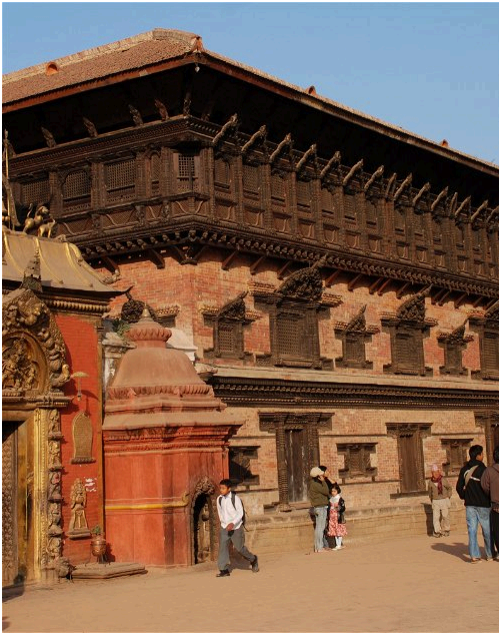
Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided. To extend your holiday in Nepal, why not pre-book a day's sightseeing tour in the Kathmandu Valley, or a multi-day excursion to the wildlife reserve at Chitwan. Contact our office for details.

Meals: **B**

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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.



## 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



## 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

# Holiday Information

## What's Included

- A local IFMGA qualified climbing guide
- Kathmandu Airport transfers
- All land transport involved in the itinerary
- All accommodation as described
- All meals throughout the trip
- Peak permit and national park permit
- Once on trek the group will be assisted by porters and a local guide
- FREE sleeping bag
- down jacket and climbing gear 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 to breakfast on Day 22.

## 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.

At the lodges we use on this trip will can expect to be provided with Nepali dishes but also some international food items such as pizza, chips and apple pie. Arriving at the lodge each day, the tour leader will order the evening meal which will take the form of a set meal for the group. Breakfast will usually be porridge, eggs, bread 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. 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. Some of the lodges will sell snacks, chocolate bars, soft drinks and beer - although at the most remote and basic of the lodges in the Naar-Phu valleys there will be a limit to what is available. In Kathmandu we take our meals in the hotel and local restaurants. When camping above Ngawal on the final approach to the mountain we will have a cook crew who will provide similar meals to those found in the lodges. The emphasis is on providing a high-carbohydrate and largely vegetarian diet, which we have found to be easily digestible at high altitude.

## 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 14 nights in lodges, 1 night in rooms at Sartek Monastery and 4 nights camping. The Nepalese trekking lodges, also known as 'tea-houses' are simple, friendly and atmospheric. The lodges in the valley of Naar and Phu are generally quite basic, as the number of visitors to this area is still low. Lodges tend to have heated dining areas and unheated bedrooms with simple wooden beds and foam mattress. The sleeping accommodation at these lodges can be twin-share or dormitory style. You will need a sleeping bag. The lodges have shared washing and toilet facilities. Staying at the lodges is a great way to meet fellow hikers and the locals. Hotel and some lodge accommodation is allocated 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 for the 4 nights of camping at additional cost. For the 2 hotel nights in Kathmandu single rooms can be booked at additional cost. Single rooms cannot be pre-booked for the other lodge nights, but can be requested on arrival depending on availability. For hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website. Hotels are subject to availability and prices may vary.

## 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 accompanied by an IFMGA qualified Nepalese mountain guide who will be assisted by an experienced team of high altitude Sherpas.

## 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 on our website which can be viewed via the link below. 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.

[www.keadventure.com/page/altitude.html](http://www.keadventure.com/page/altitude.html)

## 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 most 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 £90 (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 which will be carried during the trek by porters or pack animals and should 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. Your personal mountaineering equipment (boots, axe, crampons etc) will be carried separately. On arrival at Jagat you will hand these items of equipment to your trek leader who will pack them in communal bags until you reach basecamp. You should also take on your holiday a daypack of approximately 40 litres capacity. It is possible to leave items not required on trek at the hotel in Kathmandu. For your international flights please check your baggage allowance with the 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](#).

## 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. This is a demanding trek and you need to be aerobically fit and comfortable with walking for as much as 8 or 9 hours on some days on a variety of terrain. The best preparation for this trip is regular hiking in mountain or hill country. If this is not possible, we suggest that you adopt a weekly exercise regime and gradually increase your work rate as you get nearer to departure. Jogging and swimming are all good for developing better stamina. For this trip it is also essential that you have previous experience of walking on moderately angled snow slopes wearing crampons, and are comfortable with a degree of exposure while secured on fixed lines. If you do not have previous experience of walking with crampons we suggest you attend a snow skills course prior to booking on the trip.

## Climate

We run this holiday only in the post monsoon season of October to November. This is unquestionably one of the best times for trekking in Nepal. These months are neither too hot in the foothills nor too cold in the higher elevations. The post-monsoon months also usually offer the clearest skies and the most settled weather. At this season you will encounter a wide range of daytime temperatures during your trip from approximately 25°C in Kathmandu to approximately 14°C at 3000 metres, and approximately 3°C at 5000 metres. The 'real feel' temperature in the middle of the day even high on Chulu Far East may be much warmer than this. At night in the rarefied air the temperatures plummet. You can expect to experience overnight temperatures below freezing once above approximately 4000 metres and at high camp (above 5000 metres) the night time temperature may drop as low as -15°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](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

- Trekking and Climbing in Nepal. Steve Razzetti. New Holland.
- Annapurna, A trekkers guide - Kev Reynolds, Cicerone.
- The Trekkers Handbook. Tom Gilchrist.
- Trekking in Nepal. Stephen Bezruchka.
- Trekking in the Nepal Himalaya. Stan Armington.
- Trekking in Nepal, West Tibet and Bhutan. Hugh Swift.
- Kathmandu and the Kingdom of Nepal. Prakash Raj.
- Insight Guide to Nepal.
- Adventure Treks Nepal. Bill O'Connor

## Maps

### Chulus - Nepa Maps

A very good map at a useful 1:50,000 scale and contour intervals of 40 metres. The topography is further represented by relief shading and colouring and graphics to indicate different types of terrain. The map covers all the ground of this trek from Pisang to Jomsom. Routes on all the Chulus including Far East are indicated as are those over the two passes between Tilicho and the Kali Gandakhi valley.

## 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

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## 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. Please make sure you have read the section on baggage allowance in the trip notes. 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
- Mountaineering boots - see 'Mountaineering Equipment'
- Gaiters
- Trekking trousers
- Good quality and fully waterproof (Gore-Tex or similar) overtrousers
- Good quality and fully waterproof (Gore-Tex or similar) mountain jacket with hood
- Baselayer shirts
- Baselayer leggings
- T-shirts or similar
- Fleece jacket or warm jumper
- Warm jacket (down)\*
- Sunhat
- Warm hat
- Sunglasses
- Thermal lightweight gloves (for camp, trekking use)
- Warm and waterproof gloves or mittens (for summit day)
- Spare emergency mittens
- Daypack minimum 40 litres
- 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
- Selection of dry bags (to keep your kit bag contents dry)
- Sleeping bag (comfort rated -15°C)\*
- Washbag and toiletries
- Antibacterial handwash
- Small Towel
- Toilet paper (you can also buy this in the lodges)
- Small padlock (to lock your kit bag)
- Basic First Aid Kit antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters, including: blister treatment, and re-hydration salts (Dioralite).

### ◆ Mountaineering Equipment:

- Mountaineering double boots - see below
- Ice axe \*
- Crampons (preferably with 'step-in' bindings)\*
- Mountaineering or climbing harness\*
- Karabiners (2 x screwgate)\*
- 'Figure of 8' descender (abseiling device) \*

- Climbing helmet\*
- Sling (120cm)\*
- Prussik loops X 2 (5m of 6mm cord makes 2)\*

**The following items are optional:**

- Travel clothes
- Trainers or similar for camp use
- Microspikes (Kahtoola) or similar footwear traction (see notes)
- Fleece trousers
- Trekking poles
- Sleeping bag liner
- Pee bottle
- Spare laces
- Swimwear (for the hotel pool in Kathmandu)
- Camera
- Pen-knife (remember to pack all sharp objects in hold baggage)
- Reusable cloth bag for shopping (to avoid plastic bags)

**Notes**

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

**Equipment hire:** Please make all requests at least 4 weeks prior to the trip departure date. All equipment is issued in Kathmandu. Please remember to allow room in your kit bag for these items (note that on trek your mountaineering equipment and plastic boots will be carried separately in communal equipment bags).

**Crampon hire:** We provide Grivel G12 Crampons which are classic 12 point crampons designed for general mountaineering. They are fully adjustable and essentially, one size fits all. However if you have boots bigger than size 11 (46) you will need to purchase and take with you Grivel extender bars. Or take your own crampons.

**Cultural Sensitivity:** 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.

**Camping mattress:** For the 4 nights camping at Chulu Far East Basecamp foam type camping mattresses are provided. You may wish to bring your own Thermarest-type mattress for extra comfort, but this is optional.

**Mountaineering Boots:** Climbing at altitudes of up to 6000 metres, the temperatures can be very cold (as low as minus 30 degrees centigrade). Standard mountaineering boots are not suitable for these cold, high altitude conditions. Specialist double boots with insulated inners are the best to keep your feet warm at altitude in these extremely low temperatures. Examples of suitable boots are Scarpa Phantom 6000, Boreal G1 Lite, Mammut Nordwand, and La Sportiva G2 Evo. These boots are also designed to take step-in crampons, quickly and efficiently. This combination of double mountaineering boots and step-in crampons is by far the most sensible option when considering a mountaineering peak up to

6000 metres. You must make sure that you are suitably equipped for these extremely low temperatures.

Microspikes (Kahtoola) or similar are easily attached to any boots and can be more useful than crampons in some icy (non-glaciated) conditions.

### Needle Sports (specialist mountaineering equipment shop)

Needle Sports is the English Lake District's foremost specialist climbing shop supplying mountaineering, rock, ice, alpine and expedition equipment worldwide. Internationally recognised as among the very best of the UK's top technical climbing gear retailers. They have a good range of equipment appropriate for this trip and offer knowledgeable advice both on their website and in store. View

>> <http://www.needlesports.com/>

### 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

Unique to KE! Don't follow the crowds! No-one else is offering this classic trekking peak climb of 6000 metre Chulu Far East, combined with the sensational walk-in through the rarely-visited valleys of Naar and Phu is one of the best trek and climb combinations in Nepal.

**Please Note** This document was downloaded on 18/05/2024 and the trip is subject to change