

# Lamjung Himlal Trek

Trip Code: LHT

Version: LHT Lamjung Himlal Trek



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Superb ridge-top trekking holiday in Nepal with pristine camping places
- Fantastic mountain panorama from Rambrong West Summit (4300m)
- Views of Machhapuchhre, Annapurna 2, Lamjung Himlal, Manaslu and many more
- A night at a hotel in Pokhara's laid-back Lakeside district
- FREE sleeping bag and down jacket hire is available for this holiday

## AT A GLANCE

- 10 days trekking
- Max altitude - 4300 metres
- Join at Kathmandu

## ACCOMMODATIONS & MEALS

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

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

# Introduction

North of Pokhara, the peaks of the Annapurna Himal are some of the biggest and most impressive in Nepal and several classic treks can be found amongst the high valleys that encircle this spectacular massif. The south-eastern corner of this region is little-visited, however, and is the perfect place for a brilliant new trekking holiday that has as its focus the imposing and multi-faceted peak of Lamjung Himal (6983m). There are no lodges in this part of Nepal and this means we have to camp. Taking a full Nepalese trekking team we are free to set up camp wherever we can find water and this means we can access some pretty wild country.

Rather than following the valley trails, this is a trek of ridges, taking us from Besisahar in the Marsyangdi Valley into a tranquil region inhabited by Gurung people. Heading north on the Telbrung Danda and camping on a succession of isolated grazing grounds or 'kharkas' we reach a rugged and little-known area on the south side of Lamjung Himal which is defined by the indistinct east-west orientated ridge known as the Rambrong Danda. From our 2 highest camps we can hike up to high viewpoints; the first at the northern end of the Telbrung Danda and the second at the western end of the Rambrong Danda. Known as Rambrong West Summit (4300m) this is one of the best viewpoints imaginable, with a panorama that extends from Machhapuchhre (Fish Tail) (6997m) in the west to Manaslu (8163m) and Himal Chuli in the east. We then walk out easily over 4 short days via scenic camping places and a combination of ridges, finally dropping down to the pretty farming village of Tanti in the valley of the Madi Nadi. From here, it's just a short drive to Pokhara, where a night at a hotel in the laid-back Lakeside district will provide us with the chance to properly celebrate the completion of our 10-day trek. Remote trekking, full service camping and superb camping places, together with superb mountain views and the chance to meet the welcoming local people, make this one for connoisseurs of Himalayan travel.

## Is this holiday for you?

This is a trek at moderate elevation only which follows a mix of village trails and shepherds' tracks. You can expect to encounter sections of stepped track, as well as rocks, mud and even potentially some snow and ice (high up on the Rambrong Danda). During the first part of the trek, you will be walking for around 5 hours each day, with a reasonable amount of ascent and descent. We will spend a night at Rambrong Low Basecamp (3765m) with an optional morning excursion to a viewpoint above 4000 metres, before moving our camp just a short distance to Rambrong Basecamp (3850m). On the following day, we have an out-and-back hike across at times quite rugged terrain to the high point of the holiday at Rambrong West Summit (4300m). The final 4 days of trekking are shorter and easier and

during this walk-out you can expect to reach camp at lunchtime and have the afternoons free to explore and to relax in a part of Nepal which is as yet off-the-beaten-track. Since there are no lodges in this region, this is a camping trek with a full Nepalese crew. Please note that this is camping in some style, where we provide spacious 2 person tents and thick foam mattresses to ensure you get a really good night's sleep. Also part of the camp set up is a dining tent (complete with table and chairs) where you will eat your meals and relax. The cook and his team have the use of a kitchen tent and there will also be one (or more usually two) toilet tents. Your local crew will set up the camp each evening and take it down again in the morning.

# Itinerary

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Version: LHT Lamjung Himal Trek

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## DAY 1

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

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

Meals: **D**



### Accommodation

Hotel with swimming pool

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## DAY 2

**Drive from Kathmandu to Besisahar (800m).**

We set off after an early breakfast for the drive westwards to the start of the trek, accompanied by our trek crew. It usually takes an hour or so to clear the Kathmandu city limits, climbing to cross the rim of the Kathmandu Valley at around 2000 metres elevation and then descending on a switch-back road with views of snow-capped peaks to the north if the conditions are clear. We will have at least one 'comfort' stop to stretch our legs and then, after 3 hours or so, we will reach the town of Mugling which is the best place to stop for an early lunch at a roadside restaurant. This is a first chance to sample the Nepali staple of dal bhat (rice and dal) usually served with spicy vegetable or meat curry. 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 and we reach our lodge accommodation at Besishar after a total of 6 or 7 hours of driving. Besisahar used to be the starting point for the classic Annapurna Circuit trek, but nowadays the jeep road continues much further northwards.

Meals: **B L D**



### Accommodation

Lodge

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**DAY 3****A first morning's trek to Baglungpani (1650m), afternoon free.**

After breakfast at our lodge, our local guide, assisted by the Sherpa team and our sirdar will make final preparations for the first stage of the trek. The porters will be given their loads and we will set off directly from our lodge, walking away from the river and beginning a steady ascent that will take us most of the morning. We pass through the outskirts of Besisahar and through an area of picturesque, terraced farmland. To begin with the chief crop is rice, but this will change to millet and barley as we go higher. There are sections of jeep track at first, but we largely manage to avoid this on an older trail that takes a more direct line, steep in places and with sections which are stepped. There will be lots of opportunity to interact with local people, villagers and farmers and schoolchildren - school usually starts around 10am in rural Nepal. After 45 minutes or so, we pass a monastery and, looking back, we can see that we are already high up above the river and the views are starting to open out. With one of the Sherpas setting an easy pace, we continue to our first camping place of the trip on a rough area of grass on a ridge close to the small village of Baglungpani (1650m). We should reach this camp by shortly after midday. The Sherpas will set up our tents (if they haven't already) and the cook crew will provide us with a refreshing juice drink. Lunch will be served in the mess tent and the remainder of the afternoon is free to enjoy the magnificent views of Annapurna South, Machhapuchhre (Fish Tail), the Annapurnas 2 and 4, Lamjung Himal (6983m), Manaslu (8163m), Himal Chuli and Baudha Himal. Baglungpani is a small ridge-top settlement, with a few shops, a couple of basic lodges, a school and a health post. High up, amongst scattered forest and farmed land, we are already a long way from the regular trekking trails.

Meals: **B L D**

	<b>Accommodation</b> Camping		<b>Ascent</b> 850M		<b>Descent</b> 30M		<b>Time</b> 3 - 4 hrs trekking		<b>Distance</b> 6KM
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**DAY 4****Trek via Ghalegaon to Ghanpokhara (2200m).**

This part of Nepal is home to people of the Gurung ethnic group, who are of Tibetan descent and are believed to have migrated into Nepal in the 6th century. Gurkha soldiers serving in the British Army have traditionally been recruited from amongst the Gurung people. Our route today mostly follows an undulating jeep track (no traffic) along the ridge, heading northwards and then zig-zagging uphill to reach the larger settlement of Ghalegaon (2030m) which is one of a number of centres for wild honey gathering in Nepal. Diverting onto village paths wherever we can, we are surrounded by quite lush vegetation at times and the walking has a quite 'jungly' feel to it. We will pass through several small hamlets with traditional Gurung houses and local people tending their water buffalo, goats and chickens. After the steady 1-hour ascent to Ghalegaon we stop for an early lunch, with views of Lamjung Himal, Manaslu, Peak 29, Baudha Himal and Himal Chuli. After lunch, we can have a walk around the village and check out its orderly orange and white-painted houses as well as the local Hindu temple, before continue our trek along the broad ridge for about an hour to Ghanpokhara (2200m). Here, we have left the jeep road behind, as it heads down into the valley to the west, to the large Gurung village of Bhujung. We will follow the ridge northwards from here.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 800M		<b>Descent</b> 250M		<b>Time</b> 5 hrs trekking		<b>Distance</b> 10KM
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## DAY 5

### Trek northwards along the ridge to Bhaisi Kharka (2850m).

Today, we will leave the villages and farmed land behind as we follow the ridge of the Telbrung Danda generally northwards and with the twin summits of Lamjung Himal ahead of us. This is a great day of walking through a landscape that mixes open, scrubby rhododendron forest, with some stands of bigger, old-growth trees and clearings known as kharkas where the local people graze their livestock during the monsoon months. To begin with our walk is gradually uphill for around 3 hours or so until we reach an isolated shepherd's shelter where the cook crew will prepare lunch. After lunch, there are some steeper sections of walking and we can now, once again, see Manaslu and Himal Chuli away to the north-east. Our overnight camp is at Bhaisi Kharka (2850m), a name which means buffalo pasture. There are a few temporary shepherd's huts in this clearing in the forest and it make a great place to camp with views to Himal Chuli and Bhauda Himal. It is evident very few trekkers come this way. There are no tea-houses now, nor any evidence of previous trekking campsites. So close to the Annapurna Circuit and yet so far!

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 900M		<b>Descent</b> 200M		<b>Time</b> 5 hrs trekking		<b>Distance</b> 9KM
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## DAY 6

### Trek to Rambrong Lower Basecamp (3765m).

After an hour of walking on a shepherds' trail through forest on the east side of the ridge, we reach a clearing at a crest where the views open out in all directions. To the north, we can see the ridge-line of the Telbrung Danda which appears to lose itself among a collection of enticing rocky hills that make up the Rambrong Danda, a higher ridge which is orientated east to west. Following the ridge on a switchback trail, we gain height steadily then more gradually through a forest of tall rhododendrons interspersed with mixed deciduous trees and some bamboo. Where the forest clears the panorama of peaks extends all the way from Machhapuchhre in the west to Himal Chuli and Bhauda Himal in the east. We are carrying a packed lunch (as there is nowhere with reliable water on today's route) and we will find a suitably scenic place to stop to eat it. Above the tree-line, the final hour of walking leads to camp at the place we call Rambrong Low Basecamp (3765m). This is a superb camping place on an open ridge with views in all directions. Beyond the deep valley of the Marsyangdi River, the triple peaks of Manaslu, Peak 29 and Himal Chuli are prominent to the east and north-east, whilst ahead of us, to the north, we can see the low summits of the Rambrong Danda, with Lamjung Himal and Annapurna 2 rising up beyond.



Meals: **B L D**

 <b>Accommodation</b> Camping	 <b>Ascent</b> 1000M	 <b>Descent</b> 60M	 <b>Time</b> 4 - 5 hrs trekking	 <b>Distance</b> 7KM
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### DAY 7

#### Optional morning hike to viewpoint on the Telbrung Danda. Afternoon move camp to Rambrong Basecamp (3850m).

There's the option to take it easy this morning or to hike up to a viewpoint on the continuation of the Telbrung Danda. This walk follows the ridge northwards to a viewpoint at around 4100 metres high above the valley of the Marsyangdi. We should have great views eastwards to Manaslu from this accessible high point, before returning to camp for lunch. After lunch we will hike around the head of the valley to Rambrong Basecamp (3850m), following a rocky trail which includes sections of old stone steps that suggests this route was more often used in the past by pilgrims en route to holy lakes such as Dudh Pokhari near the Namun La.

Meals: **B L D**

 <b>Accommodation</b> Camping	 <b>Ascent</b> 585M	 <b>Descent</b> 500M	 <b>Time</b> 5 hrs trekking	 <b>Distance</b> 9KM
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### DAY 8

#### An out-and-back hike to Rambrong West Summit (4300m) and a second night at Rambrong Basecamp (3850m).

Taking a picnic lunch and following scant trails, steep in places, we will trek up onto the Rambrong Danda, with our aim to get to the viewpoint known as Rambrong West Summit (4300m). The views from here are amazing; extending from Machhapuchhre to Annapurna 2, Annapurna 4, Lamjung Himal, Manaslu and Himal Chuli to name only the most prominent. After spending some time in this remote and rarely-visited spot, we will drop back down to our highest and wildest camping place of the holiday at Rambrong Basecamp. We should reach camp by mid-afternoon.

Meals: **B L D**

 <b>Accommodation</b> Camping	 <b>Ascent</b> 500M	 <b>Descent</b> 500M	 <b>Time</b> 4 - 5 hrs trekking	 <b>Distance</b> 7KM
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**DAY 9****Trek to Haju Dobato (3420m) on the Karpu Danda.**

Walking out from this remote spot we still have 3 great days of trekking before we reach the villages in the valley of the Madi Nadi which flows southwards from Annapurna 2. On this first day, we walk generally downhill through mixed rhododendron, berberis, bamboo and juniper forest. Beyond the open grazing area at Bheda Kharka, we climb up amongst rhododendrons and other tree species to reach our camp on the ridge of the Karpu Danda. We will reach camp at lunchtime and have the afternoon free to enjoy the great views of Machhapuchhre and the Annapurnas which are particularly impressive as the sun sets. This is the place known as Haju Dobato (3420m).

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 250M		<b>Descent</b> 650M		<b>Time</b> 4 hrs trekking		<b>Distance</b> 7KM
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**DAY 10****Trek to Deurali (3000m) on the scenic ridge of the Karpu Danda.**

Another great and not-too-challenging morning's walk on an undulating ridge. The ridge-top trail takes us through areas where there are rhododendron trees, as well as more open areas. The trail trends downhill to a junction with the Karpu Danda which we now follow, with great views and photo opportunities in all directions; behind us to the Annapurna Massif and eastwards to Manaslu. We camp at Deurali (3000m) a grazing area in the forest.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 100M		<b>Descent</b> 500M		<b>Time</b> 3 hrs trekking		<b>Distance</b> 6KM
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**DAY 11****Leave the Karpu Danda and descend through forest to Tanting (1650m).**

After a short section along the ridge, we begin our descent westwards into the deep valley of the Madi Nadi. The upper slopes of the valley are thickly forested and the trail winds its way down, down, down with stone steps in places. After 3 hours or so we reach the first of the terraced farmland, high above the valley floor, then continue our descent on village trails to the pleasant Gurung village of Tanting (1650m), where we set up our final camp of the holiday. Lunch at camp and most of the afternoon free to stroll amongst the traditional houses of the village, whilst admiring the views northwards to Lamjung Himal and Annapurna 2. We will have a party with our local team this evening to celebrate the (near) completion of a great trek.



Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 50M		<b>Descent</b> 1400M		<b>Time</b> 3 hrs trekking		<b>Distance</b> 7KM
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## DAY 12

### Trek to Tantingbesi and drive to Pokhara.

After breakfast at camp, we will gear up for a final short stage of trekking on a mix of old trail and new jeep track. Walking down to the roadhead, we pass through rich farmland, with scattered farms and plenty of opportunity to meet the friendly local people. There are still relatively few outside visitors to this part of Nepal and we can expect a warm welcome and a cheerful 'namaste' from everyone that we meet. At Tantingbesi, we say goodbye to our trek crew and board our transport for the short drive to Nepal's second city of Pokhara. Arriving in Pokhara, we check in at our comfortable hotel close to Phewa Tal. After a shower and clean-up, we will have some free time to wander by the lake or to sit in the garden of one of the excellent lakeside restaurants and admire the view of the Annapurnas. Compared to Kathmandu, Pokhara is a very laid-back town and is the perfect place to relax at the end of our trek. Pokhara also has a deserved reputation for great restaurants and this evening we will go out for a celebratory meal.

Meals: **B L D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 50M		<b>Descent</b> 300M		<b>Time</b> 2 - 3 hrs trekking		<b>Distance</b> 5KM
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## DAY 13

### Fly to Kathmandu. Afternoon free by the pool or to do some sightseeing.

We take the morning flight to Kathmandu. Take it easy by the hotel pool in the afternoon or do some independent sightseeing. One of the attractions of any visit to Nepal is the chance to walk the streets of Kathmandu, which presents a fascinating mosaic of shops, cafes and restaurants, food markets and street vendors, as well as a bewildering array of colourful temples and shrines. This evening we will have a dinner in one of Kathmandu's excellent restaurants.

Meals: **B L D**

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	<b>Accommodation</b> Hotel with swimming pool
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**DAY 14****Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided.**

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

Meals: **B**

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# Extensions

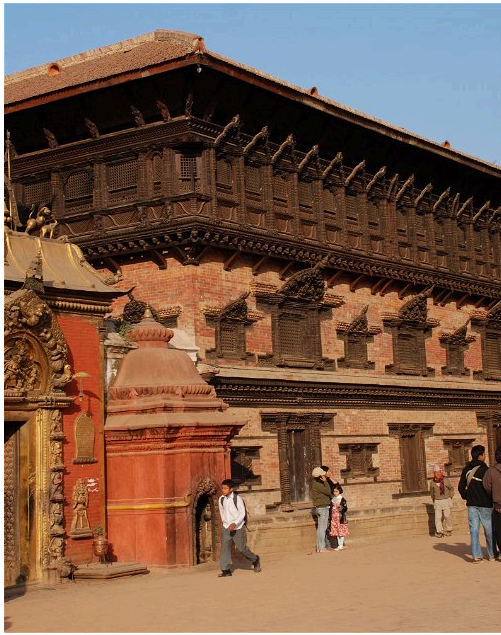
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



## Chitwan Jungle Extension

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

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



## Kathmandu Tour - Nagarkot and Bhaktapur

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

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

# Holiday Information

## What's Included

- A professional and qualified Nepalese tour leader
- Kathmandu Airport transfers
- All land transport involved in the itinerary
- Internal flight Pokhara to Kathmandu and airport transfers
- Accommodation as described
- All meals
- Full trekking service including all equipment (excluding personal equipment)
- FREE Sleeping bag and down jacket hire is available for this holiday on request

## What's not Included

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

## Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

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

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

## Meal Plan

All meals included in the holiday price from dinner on Day 1 to breakfast on Day 14.

## Food & Water

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

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

## Special Diets

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

## Accommodation

During this holiday the group will spend 2 nights in Kathmandu at an excellent and centrally-located hotel such as the Shanker and 1 night at a tourist-class hotel in Pokhara. There is also a single night at a simple lodge in Besisahar. Whilst on trek there are 9 nights full-service camping. This is camping in some style, where we provide spacious 2 person tents (foam mattresses are also provided), a dining tent complete with table and chairs where you will eat your meals and relax, a kitchen tent in which the cook crew produce your meals and one (or more usually two) toilet tents. Your local crew will set up the camp each evening and take it down again in the morning. You will be served with a cup of `bed-tea` each morning and provided with a bowl of water with which to wash. Water for hand washing is also provided at each meal. On arrival into camp each afternoon hot drinks and snacks will be provided in the dining tent. All accommodation is arranged on a twin sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. It is possible to hire a single tent while on trek for an additional cost. Please note single tent hire does not include single rooms in hotels. For the 3 hotel nights single room occupancy can be arranged at supplementary cost. Additional hotel nights in Kathmandu can also be pre-booked.

## Group Leader & Support Staff

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

## Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. 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](#). You can also talk to one of our trekking experts if you have any concerns about altitude. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

## Spending Money

Approximately £100 to £150 (or equivalent in US dollars, Euros etc.) changed into local currency, should be allowed for miscellaneous expenses including porter and trek crew tips, drinks etc. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. Please note: Scottish and Northern Ireland bank notes are not accepted in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money from ATMs in Kathmandu using your debit or credit card. During the trek there are few opportunities to purchase anything.

## Guidance on Tipping

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

## Beat the Jet Lag

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

## Baggage Allowance

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

## Group Size & Holiday Status

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



# General Information

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## Passport & Visas

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

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Visa Nepal

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

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

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

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## Trekking Permits - what do we need from you ?

Mount Everest Marathon (MEM). Everest Monasteries Trek (EVP). Ganesh Himal Panorama Trek (GHP). Lamjung Himal Trek (LHT). Middle Hills Arun River to Dudh Kosi (MHT). Shey Gumpa and Inner Dolpo (DOL). Dolpo to Mugu Trek (DTM). Around Manaslu Trek (MAN).

For each of these holidays, we need your passport details and we need to send through to Nepal ahead of your departure a scan of the information pages of your passport and a scan of a passport-style photograph of yourself. Please send these scans to us once your holiday is guaranteed.

In addition, for Conservation Area treks and other treks requiring Special Permits - DOL, DTM, MAN - you will be required on arrival in Kathmandu 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.

## Vaccinations

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

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

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

## Currency

The unit of currency in Nepal is the Nepalese Rupee.

## Preparing for your Holiday

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

## Climate

October-December and March-May are the best times to visit Nepal. These months either side of the monsoon are neither too hot nor too cold, offering the best conditions for trekking. At either of these periods you will encounter a wide range of daytime temperatures during your trip, from approximately 25°C in Kathmandu to around 10 to 15°C at 3000 metres and around 5 to 8°C at 4000 metres. The 'real feel' temperature in the middle of the day will be much warmer than this in the sun. At night in the rarefied air the temperatures plummet. You can expect to experience overnight temperatures at 3000 metres of around freezing and at 4000 metres of minus 7 or 8°C. Extended periods of rain or snow are very unlikely outside of the monsoon period but short lived storms can and do occur.

## 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
- Manaslu- Trekkers and Visitors guide - Cicerone Press
- Field Guide to Birds of the Himalayas. Bikram Grewal
- Portraits of People:Nepal Himalayas. Eric Valli
- Nepal: Lonely Planet Pictorial. Richard l'Anson
- The High Himalaya. Art Wolfe

## Maps

### Himalayan Maphouse. Trekking Map 500 Series Around Annapurna 1:125,000

Contours at 80-metre intervals, with spot heights and relief shading, Trekking routes are clearly marked. An index of settlements also lists peaks and passes. Available from [stanfords.co.uk](http://stanfords.co.uk)

## Travel Insurance

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

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

# Equipment Information

## Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 kgs. It is possible to leave clothes or other items not required on trek at the group hotel.

### You should bring the following items:

- Hiking boots
- Gaiters
- Trekking trousers
- Waterproof overtrousers
- Travel clothes
- Baselayer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Warm and waterproof gloves or mittens
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep your kit bag contents dry)
- Daypack approximately 30 litres
- Sleeping bag (comfort rated -10°C)\*
- Warm jacket (down)\*
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite).
- Small padlock (to lock your kit bag)

### The following items are optional:

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

- Pen-knife (remember to pack sharp objects in hold baggage)
- Reusable cloth bag for shopping (to avoid plastic bags)

## Notes:

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

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

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

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

## Cotswold Outdoor



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

## Land Only Information

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

## Flight Inclusive Information

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

# Why Choose KE

## Why KE

Authentic Nepal! We have 30 years' experience of working in Nepal and know just how special it is. Presenting an authentic taste of Nepal to our clients is important to us and one of the best ways to achieve this is to create new treks, such as this one, in spectacular areas that remain largely undiscovered by adventure travellers.

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