



ISLAND PEAK EXPEDITION





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Trip overview

The **Island peak climbing** (6,160m/20,209 ft.) is also recognized as Imja Tse Peak among a local which is the most popular trekking peak in Everest region. The peak was first ascended by the team of Britain in 1953. After that many group and people climbed this stunning peak of Nepal.

You will see the glory of the Khumbu region passing by the Sherpa inhabited area of Lukla, Phakding, Namche Bazaar and Tengboche. The ascending of the peak presents the captivating vistas of the panoramic Himalayan Mountains of Solukhumbu region including Mt. Everest 8,848m, Mt. Lhotse 8,516m, Mt. Makalu 8,463m, Mt. Cho Oyu 8,201 and other 27 snow-capped mountain of Everest trekking region as well as glaciers and majestic lake Imja Se from the summit of Island peak. Climbing to island peaks also offers beautiful Tibetan monasteries and lush valleys.

The island peak climbing is ideal for energetic and physically fit trekkers with little or no experience for summit island peak. Some of the experienced climbers use Island Peak as the acclimatization before commencing high elevation peak climbing. The route to the base camp of the *Island peak climbing* is the similar route as that of the Everest Base Camp Trekking.

The best seasons for the Island Peak Expedition are winter (December to February), spring (mid-March to May) and autumn (mid-September to November).

Trek Facts

Maximum Altitude: 6,160m/20,209 ft.

Best Season: Spring (mid-March to May) and autumn (mid-September to December).

Total Duration: 21 days

Trip Style: Camping, Teahouse, Hotel

Grade: Strenuous

Highlights

- Sightseeing tours of historical UNESCO World Heritage Sites in Kathmandu
- Scenic flight to and from Lukla
- Explore Namche Bazaar
- Visit Tengboche Monastery

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- Impressive vistas of high peak and Khumbu Ice fall.
- View of the Everest and other mountains from the Kalapattar.
- Visit Everest Base Camp and the Glacier.
- Great scenery from the summit of Island peak Summit.

Why Nepal Sanctuary Treks?

- Simple, sustainable and clean teahouse lodges with basic facilities
- Finest hotel in Kathmandu with modern amenities
- Private vehicle transfer
- Experienced and English Speaking Guide
- Porter during trek
- Portable Altitude Chamber (PAC), Oxy-Meter, oxygen supply and a comprehensive First Aid kit on treks and expeditions above 4,500 meters, besides high quality camping equipment for regular treks.
- Satellite Phone to communicate with the office to update on a trek condition and to inform the concerned family right from the mountains.
- Provide environmental porters for each trek to ensure all the non-biodegradable items are returned for proper disposal
- Itinerary is designed in such a way that clients get plenty of time to acclimatize for high altitude adventure.
- Our guide will provide you daily health checklist, which consist of checking your pulse rate, blood oxygen saturation level, assessing your acclimatization status using the Lake Louise system.

Testimonials

It's just a quick message to say thanks for putting on a great trip. We all really enjoyed it. It's only now I'm back reflecting on it that I realize how amazing it was. It was a lifelong dream being able to see Everest and climb a Himalayan peak. Nepal is a fantastic country, Pema and the rest of the Sherpas were really helpful

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and friendly. I'm glad I could share some time with them. Also a million thanks for arranging that helicopter that got us down. 😊

Martin Joyce , UK

Detailed itinerary

Day 1: Arrive at Kathmandu airport (1,302m/4,270ft)

Upon arrival at Tribhuvan International airport, our representative will be awaiting you to welcome with Nepal Sanctuary Treks placard. You will be then escorted and transfer to hotel. Further details and short preliminary briefing will be provided after transferring to the hotel. Stay overnight in Hotel.

Highlights:

- Arrival at charming and exotic city engrossed with ancient temples and tradition. Fused with lively markets and the bustle of spice sellers and merchants.

Day 2: Optional Kathmandu valley sightseeing and Trek preparation

Kathmandu is the cultural heart of Nepal and has been a famous destination for tourists ever since Nepal opened its borders to visitors. Today after breakfast, we will explore Kathmandu valley, a guided tour will be conducted to major world heritage sites inside the valley. Out city tour expert will take you to Kathmandu Durbar Square, the traditional heart of Kathmandu and an architecturally extraordinary complex of ancient palaces, temples, courtyards and shrines. You are then taken to Swayambhunath (monkey temple) which is the glorious ancient religious architecture and center faith of Hinduism and Buddhism. Further, you will be visiting Buddhist shrine of Boudhanath which is one of the largest stupa in the world and the sacred Pashupatinath temple that lies on the bank of Bagmati River in Kathmandu. After the tour you will have ample of time to prepare for your trek and buy or rent all the required trekking equipment. Overnight at Hotel.

Trip Highlights:

- Visit UNESCO Heritage sites i.e. Durbar Square, Swayambhunath, Boudhanath, Pashupatinath

Day 3: Kathmandu – Lukla (2,840m/9,317ft), –Phakding (2,610m/8,562ft) 4 – 5hrs hike

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After an early breakfast you will be transferred to the domestic airport for your 35 mins. Spectacular scenic flight to the mountain airstrip at Lukla. After reaching at Lukla we meet our crew and set off our hike to Phakding following ridge on the left bank of milky Dudh Koshi River to the village of Phakding. A beautiful vistas of the Kusum Kangrau Mountain can be seen from Phakding. The village of Phakding situated in the Dudh Koshi River valley north of Lukla. Stay overnight at teahouse.

Highlights:

- Scenic flight by twin-otter plane to Lukla airport at the altitude of 2,840m.
- Beautiful walk through the picturesque village.
- Views of beautiful rhododendron and pine trees.
- Along the way you can see several gompas, Sherpa village and mani wall
- Splendid views of Kusumkang, Kongde Mountain.

Day 4: Phakding – Namche Bazar (3,445m/11,302ft); 6-7 hrs hike

Leaving Phakding behind, we will start today's trek by climbing up to the traditional town of Namche Bazar which is also known as 'gateway to Everest' and town of Sherpa ethnicity. Nestled in the Himalayas, Namche is considered as a centuries old trading center between Nepal and Tibet.

After a hearty breakfast, we set out our trek following the trail continues north up the glacial waters of the Dudh Koshi River. We walk through rolling terrain, past traditional homes, cultivated fields, forests and cross bridges. Trekking half way up the hill you can see first glimpse of Mount Everest and Lhotse A few hours of walking will lead you to the Sherpa capital village of Namche Bazaar crossing path surrounded by pines.

Namche is the largest town in Khumbu region, surrounded on three sides by mountain ranges and opens out only where it faces the Dudh Koshi. This vibrant village is a central hub of the area and food, sundries and even mountain climbing equipment can be purchased here. In addition you can see yaks roaming around the streets with magical sounds of their bells. You can enjoy the splendid views of Everest, Nuptse, Ama Dablam and Lhotse from the top of the hillside town.

Highlights:

- First glimpse of Mount Everest and Lhotse
- Crossing of 4 suspension bridges.
- Explore vibrant Namche village



- You can see yaks roam on the streets of Namche
- Scenic beauty, deep canyon and sky-high cliffs at the backdrop is phenomenal.

Day 05: Acclimatization day in Namche

Today we take a rest day as a part of acclimatization. There are ample of things to do in and around. We can take a short walk above the town to see the backdrop of Everest. You can also view the beautiful scenery from the national park center and museum just above the town. You can visit Sherpa Culture Museum and get back to the lodge for lunch and in the afternoon you can either relax or explore the vibrant Namche Bazaar.

Highlights:

- Enjoy serene view of Everest
- Visit Sherpa Cultural Museum where you get information on history mountaineering, culture and tradition, flora and fauna of the surrounding region
- Explore vibrant Namche Bazaar
- You can see yaks roam on the streets of Namche
- Explore rich Namche village

Day 06: Namche Bazaar to Tengboche (3,870m/12,694ft); 5- 6 hours

After breakfast, we trek towards Tengboche. It is an easy walk from Namche to Phungi Tenga. The trail proceeds through Alpine region with a gradual climb to Phungi Tenga through rhododendron forest. After crossing the Dudh Khosi at Phungi Tenga we start steep ascend through forest to Tengboche legendary monastery of the Khumbu region with awe inspiring views of Ama Dablam, Katenga , Nuptse, Khumbila, Konde and Everest. It is also the biggest monastery in the Khumbu region.

Highlights:

- Visit famous Tengboche monastery which is the largest monastery of the Everest region.
- Panoramic 360-degree view of the Himalayas, including Mt. Everest, Nuptse, Lhotse, Ama Dablam and Thamserku from Tengboche
- If you are lucky you might encounter with musk deer.

Day 07: Tengboche to Dingboche (4,350m/14,271 ft.); 5 to 6 hours walking.



The trek from Tengboche to Dingboche is about 6 hours walk. We pass through picturesque village and beautiful mountain. We walk on the trail and after descent to the Imja Khola; we traverse the river and ascend slowly to the village of Pangboche. We spend two nights at Dingboche for acclimatization process. This village is in a cozy location above the Imja Khola and is warmer and less breezy as compare with the neighboring village of Pheriche.

Highlights:

- Pleasant walk through lush forests of birch, conifers and rhododendrons
- Visit the Pangboche monastery.
- You can see beautiful range of fields enclosed by stone walls to protect barley, buckwheat and potatoes from the cold wind
- You can observe animals grazing in the fields
- View of island peak, CholaTse, Lhotse, Amadablam, Peak 48, Chabolo from Dingboche
- Pass through several Mani walls, prayer flags on the way.
- Encounter with animals like Musk deer pheasant Tibetan snow cock, yak, mountain goat, blue sheep

Day 08: Acclimatization and hike day at Dingboche

The Everest Base Camp Trek has now gained the altitude above (4,000m/13,123 ft). Therefore, today we have one more acclimatization day. A morning excursion for acclimatization will be conducted after breakfast. Hike to the Nagarjun Hill (5,050m/16,568ft) or Chhukung Village would be best options. We will return to Dingboche and after lunch, you would basically have free time for rest and relax. We will be staying overnight here

Highlights:

- Explore beautiful village with an range of fields enclosed by stone walls to protect barley, buckwheat and potatoes from the cold wind and grazing animals
- Hike to Nagarjun Hill for magnificent views of Makalu, Lhotse, Chalotse, Tawache, Ama Dablam and view of Imjatse Valley with Dingboche village

Day 09: Dingboche– Lobuche (4,910m/16,105ft); 5 – 6hrs hike

After having early breakfast, we initiate our 5 hours excursion ascending slowly all along a plateau of yak herder shelters. You will have pleasant walk passing through magnificent

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mountains like Cholatse, Lobuche and Pumari spread out before us in spectacular landscape.

After two and half hours gradual walk, we will arrive at Thughla. From Thughla the trail goes directly up the terminal moraine of the Khumbu Glacier before turning left just pass the climber and Sherpa memorial. From here we walk levelled path and gradual ascend along the river to Lobuche where we will stay overnight.

Highlights:

- View of Island peak, Cholatse, Lhotse, Amadablam, Peak 48, Chabolo, Everest and several countless peaks
- You can see Pyramid Hotel in Lobuche with solar panel roofs.

Day 10: Lobuche – Gorak Shep (5,288m/17,349ft) 3hrs – Everest base camp (5,360m/17,585ft) 4–5 hrs hike

Today our destination is the Everest Base Camp (EBC). After breakfast, we get ready and begin our trek by following the rocky terrain. We will enjoy the magnificent vistas of the pool of Khumbu glacier and icebergs. After leaving Lobuche, the trail to Gorak Shep is extraordinary where we walk through the rocky moraine undulate trail.

After a lunch break at Gorak Sep we walk to Everest base camp. The trail is mainly on rocky moraine before traversing over on to the glacier. There is a spectacular vista of the well-known Khumbu icefall from the base camp. After exploring base camp and its surrounding we come down back to Gorak Sep where we stay overnight.

Highlights:

- Wonderful view of Mt. Pumori, Mt. Nuptse and other magnificent peaks.
- Khumbu Ice-fall
- Passes through over rocky hills and moraine and streams
- Explore base camp and glacier
- You are likely to see Tibetan snow cock
- Views of Pumori, Everest, Nuptse, Amadablam and several countless peaks.
- Savor picturesque vistas of Himalayan landscapes.

Day 11: GorakShep – Kalapathar (5,545m/18,192ft) 3hrs hike – Lobuche (4,910m/16,105ft) - 3hrs hike



'Kala' means black and 'pathar' rock, together being 'Kalapathar' or Black rock. Today we rise early morning and get prepare to climb Kalapathar. The trek can be tough and freezing cold as the place is very windy; the epic climb to Kalapathar is not easy.

We start to take steep climb to Kalapathar for about 3 ½ hours. Once you reach at the summit you can enjoy the view from the top surpasses the wildest imaginations. You can see truly an unobstructed view of the highest mountain in the world i.e. Mt. Everest (8,848m/29,000ft) including the full spread of Khumbu Himalayas. Alongside, Mt. Pumori looks great close up. As the sunset, the views are more colorful. Kalapattar is one of the prime highlights of Everest Base Camp Trek.

After our successful the climb we then descend to Gorakshap to have breakfast. After that we again descend to Lobuche where we rest our night there.

Highlights:

- Wonderful sunrise views of the Everest from Kalapathar
- Kalapathar offers the best views of Mt. Everest, Nuptse, Pumori and Ama Dablam along with the entire mountain views of Khumbu Himalayan range.

Day 12: Trek to Chukhung (4,730m/15,518 ft) over Kongma la (5,535m/18,159 ft) - 7 to 8 hours hike

Today we take shortcut from Lobuche to Chhukhung over Kongma la pass (5,528m/18,136 ft.) after taking ascent to the moraine over more than six hundred meters wide Khumbu glacier. Even for well-acclimatized trekkers the sharp ascent at (5,500m/18,044 ft) meters with a backpack is quite demanding.

The last few dozen meters are the worst – rising through the stone field, already covered with icy snow. From the pass unbelievable mountain panorama shows off from north to south: Lhotse (8,516 m), Lhotse Shar (8,383 m), Makalu (8,463 m), Baruntse (7,220 m), Ama Dablam (6,814 m) and many others.

A long descent to Chhukhung starts with ninety vertical meters descent through the steep slope to the beautiful nameless lake (5,434 m), which belongs among the lakes in the highest location the world.



Highlights:

- Great views of Ama Dablam, Island Peak , Makalu, Lhotse, Baruntse and several other peaks
- Beautiful lakes situated in 5,434 meter (17,828 ft) altitude.

Day 13: Chukhung to Island Peak Base Camp (4,970m/16,905 ft, 4 hrs.)

Today, we trek all along the Imja Lake walking flat trail and gradual ascent all the way to Island base camp. We will have a lunch at base camp followed by basic training for tomorrow's preparation.

Highlights:

- Magnificent view of south face of Lhotse.
- Island Peak Base camp is located at by the side of the Imja glacier, below steep grassy slopes which mark the start of the climb on Island Peak.

Day 14: Island base camp to High camp. (5,600m/18,372ft); 3 hours

After breakfast, we take steep ascent for three hours to High Camp. We stay overnight in camp.

Highlights:

- Views of Everest, Lhotse Nuptse, Amadablam, Thamserku and several other peaks

Day 15: High Camp to Summit Island Peak (6,160m/20,209 ft). Return to Chhukung.

You will start early for the summit. The trek to island peak is fairly steep trail. Great care and caution must be employing while scaling the wall to emerge on the ridge leading to the summit.

After the summit of Island Peak, you will move down to the Base Camp and Chhukung. We stay overnight in Chhukung.

Highlights:

- Views of Everest, Lhotse Nuptse, Amadablam, Thamserku and several other peaks.

Day 16: Spare day in case of bad weather.

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We have reserved an extra day which will be as contingency day, in case of unfavorable weather conditions some times in this high Himalayan range, the weather can be unpredictable. We stay extra days at Chhukung.

Day 17: Return trek to Debuche. (3,770m/12,368ft); 6 hours

Today we continue to walk by descending to the lower elevation all the way through the wide valley of Imja Khola, passing through the picturesque Sherpa villages. We move towards Shomare, Pangboche and finally to Debuche.

Highlights:

- Pass through picturesque Sherpa village
- Magnificent panoramas of Thamserku, Kantega, and Kusum Kangaru along the trail
- Walk through rhododendron forest

Day 18: Debuche to Monjo (2,610 m/8,562 ft.); 7 hours trek

After breakfast we take ascend from Debuche up to Tengboche. After that we take descend all the way to Phunge Tanga. We continue to take ascend to Sanganasa and take descend to Monjo.

Highlights:

- Picturesque village
- We reach at Sagarmatha National park check post where we have to show the permit.

Day19: Monjo to Lukla. (2,800m/9,186ft): 5 hours

Today after breakfast we walk through flat and gradual descent trail traversing the four suspension bridges over the fast flowing Dudh Koshi and its tributaries. The trail becomes more level and natural. After a short ascend we reach Lukla where we stay overnight here.

Highlights:

- Traverse suspension bridge



Day 20: Fly back to Kathmandu:

We will have an early breakfast and fly back to Kathmandu from Lukla airport. You will then be accompanied to your hotel and have time to take rest and relax after a long amazing trek. Stay overnight in hotel.

Highlights:

- Exhilarating flight over forests, fields and villages with the Himalayas at the background

Day 21: Fly back home

It is time to fly back to home keeping all the terrifying experiences of Nepal in mind. The representative from Nepal Sanctuary Treks will transfer you to TIA airport where you should check-in 3 hours prior your scheduled flight.

Inclusions

Airport transfers,
Internal flight: Kathmandu-Lukla-Kathmandu (**Note: Each traveler is allowed a maximum of 20 kg including hand carry bag.**)
3 nights hotel*** in Kathmandu with breakfast,
15 days Tea house lodge accommodation during trek with breakfast
3 days camping trek on full board during climbing,
Climbing permit, Trek Permits & National Park Fee,
Staff insurance on the trek
Trek/climbing guide & porter/s
Duffel bag

Exclusions

Lunch and Dinner in Kathmandu (approx. US\$ 20 per day)
Beverages
Personal equipment,
Personal bills,
International airfare
Excess baggage beyond 15 kilo including day pack
Visa fee: US\$ 25 for 15 days and US\$ 40 for 30 days multiple entry

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Insurance (for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects), public liability insurance.

Tips

Optional Kathmandu Sightseeing tour (please refer optional activities section)

Terms and Conditions

Please take your time to read and understand the conditions of booking set out below prior to booking a trip with us.

General booking conditions

To make a booking you can contact us in several ways: directly by email info@nepalsanctuarytreks.com,

Or via our website <https://www.nepalsanctuarytreks.com/>

The lead name is responsible for ensuring the accuracy of the personal details or any other information supplied in respect of yourself and any other person travelling on the booking.

While booking your trip with us, you must submit the booking form on our website email us a scan of your passport along with 20% of trip cost as a deposit which is non-refundable. Final payment is required no less than 30 days prior to departure date.

If you made last minute booking of the fix departure date then the full amount is payable at the time of booking.

Cancellation and refund Policy

In case you intend to cancel your trip for any reasons, you need to write it to us 30 days prior to your trip departure date. All cancellations must be advised in writing or by email.

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The cancellation takes effect from the day written confirmation is received. The following cancellations term apply.

Period before scheduled departure date when notice of cancellation is received	Reimburse
30 days or more	90% of the trip package price
15-30 days	70% of the trip package price
4-14 days	50% of the trip package price
1-3 days	30% of the trip package price
Less than 24 hours or no show	0% of the trip package price

Payment method

Credit card Payment:

Nepal Sanctuary Treks accepts Visa Card, Master card and American Express. Once your booking is confirmed, we will issue a Confirmation Invoice. There will be no fee applied to payments made on any other card types.

Bank Transfer Payment:

Agent Name: Nepal Sanctuary Treks Pvt Ltd

Payment Method: Payment to be sent by swift transfer or by banker's draft. The cost of transfer charges to be borne by the sender.

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By Bank transfer into our account – please mail to:

Nepal Bank Limited, Head office

New Road, Kathmandu, Nepal.

A/C # US\$: 00200100497844000001

Nepal Sanctuary Treks (P.) Ltd

Swift code: NEBLNPKA

Notes: All transfer cost are to be paid by the Paying Agent. Please email your remittance advice and breakdown of payment to our Accounts department.

Tel: +977 -1 -4426721, 4431610, 4434542

Email: info@nepalsanctuarytreks.com or sanctuary@mail.com.np

Liability

Any quotation provided by Nepal Sanctuary Treks and Sanctuary Tours are subject to amendment should suppliers amend their rates prior to the commencement of the tour. Nepal Sanctuary Treks and Sanctuary Tours Pvt. Ltd. reserve the right to make such changes, alter or omit any part of the itinerary as the situation demands.

Nepal Sanctuary Treks, while undertaking treks, tours, rafting, transportation, hotel accommodation and other services only act as an agent on the clear understanding that they shall not be, in any way responsible or liable for any accident, damage, loss, delay or inconvenience caused in connection with the travel facilities arranged by the Companies, its employees or agents all bookings are accepted and executed with utmost

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care, yet no responsibility is undertaken for any change or deviation on account of factors beyond control. In addition, we do not bear responsibility to cover public liability insurance as per Nepal Act.

Flight delays and Change in Itinerary:

Nepal Sanctuary Treks are not responsible for the rerouting of the itinerary due to flight and/ or bus cancellations, unexpected obstacles like unfavorable weather condition, political unrest or natural calamities. Any additional expenses necessitated by such an event will be borne by the client/s.

Incomplete Trip:

The paid amount will not reimburse for any unused portion of the trip if you leave your trip by any cause.

Nepal Passport and Visas:

All clients must have I passport and Visa which is valid up to 6 months from the issued date. The cost for Visa is client's responsibility. For more information please refer to <https://www.nepalsanctuarytreks.com/nepal-visa-general-info/>

Personal belongings:

Our trek leaders and supporting staffs is committed to deliver the best services and safety. However, we cannot hold the responsibility in case of loss of your personal belongings. So, we advise our client to keep their belonging safely.

Travel Insurance:

Travel insurance is compulsory for all our travelers and should be taken out at the time of booking. We recommend that you take out insurance as soon as your booking is confirmed. The insurance must comprise medical coverage, helicopter rescue and ambulance services. Before joining our trips you must provide your travel insurance



policy number and the insurance company's emergency contact number on the first day of your trip.

Health and specific requirements

Your personal safety is of paramount importance to us and for that reason it is vital that you advise us at the time of booking of any condition, medical, specific dietary needs or otherwise, that might affect your or other people's enjoyment of the trip.

It is your responsibility to make sure you are conscious of any health requirements for your travel destinations and to ensure that you carry all necessary vaccination documentation and medicines.

Privacy Policy

Nepal Sanctuary Treks is concerned to protect the privacy and confidentiality of your personal information. Our Privacy Policy is accessible for viewing at link <https://www.nepalsanctuarytreks.com/terms-and-conditions/privacy-policy/>

Visas and Entry Requirements

All nationals must hold a valid passport. Your passport must be valid for at least six months beyond your expected date of departure from Nepal.

An entry visa for all except Indian for Nepal is required. You need to arrange these prior to departure with the relevant embassy/consulate or you even get a visa on arrival. Make sure about the type of visa you will need (15 days, 30 days or 90 days) and make the payment accordingly. You need to make the payment in the bank and make sure you get the receipt.

If you plan to obtain visa on arrival you must bring **one passport size photo with you for this purpose along with the exact amount in US currency of current visa fee while paying at visa counter**. As any other currencies and credit card are not accepted.

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You may also save your time by filling in the form beforehand online at <http://online.nepalimmigration.gov.np/tourist-visa> and uploading a digital photo, but you must do this less than 15 days before your arrival date.

In addition, you must write down the information of Nepal's local address while filling up application form. If you are trekking with Nepal Sanctuary Treks then please fill the details under the following headings:

House number: 1246

Street Name: Lamtangeen Marg, Chundevi-4,

Municipality/VDC: Municipality, Kathmandu

Ward number: 04

District: Kathmandu

a. Tourist Visa

Visa Facility Duration Fee

Multiple entry 15 days US\$ 25 or equivalent convertible currency

Multiple entry 30 days US\$ 40 or equivalent convertible currency

Multiple entry 90 days US\$ 100 or equivalent convertible currency

b. Tourist Visa Extension

Visa extension fee for 15 days or less is US \$ 30 or equivalent convertible currency and visa extension fee for more than 15 days is US\$ 2 per day

Tourist visa can be extended for a maximum period of 150 days in a single visa year (January – December).

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c. Gratis (Free) Visa

Gratis visa for 30 days available only for tourists of SAARC countries.

Indian nationals do not require visa to enter into Nepal.

d. Transit Visa

Transit visa for one day can be obtained from Nepal's immigration offices at the entry points upon the production of departure flight ticket via Tribhuvan International Airport in Nepal, by paying US \$ 5 or equivalent convertible.

Customs

In addition to personal effects, foreign visitors may import the following into Nepal duty-free: up to 200 cigarettes or 20 cigars; one quart of distilled liquor or twelve cans of beer.

There are limitations on importing certain electronic goods, including 16 mm video cameras, for which a special permit is required. Still cameras and 8 mm video cameras for your personal use may be imported duty-free, though you may be asked to declare them on arrival.

There are limitations on the export of Nepalese antiques and items of archaeological or historical value. If you purchase any such item, ask the shopkeeper to assist you in obtaining an export license from the Department of Archaeology. Reputable dealers are usually willing to assist. Carpets, brass metal statues, and Thankas (finely detailed paintings depicting Buddhist themes) are among the items in this category.

Remember, it is illegal to import any items more than 100 years old or made from any endangered species of wildlife into most countries.

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Temperature

Nepal comprises four major seasons and each season has its distinct attractions to offer. The seasons are categorized as follows:

October & April

During this period, the weather is clear in the morning while hot during the day and mild temperature in the evening.

In the Terai, the temperature is high in the mid-90s F and lows in the low 70s F (low 30's to low 20's C.)

December-February

During this period, the sky is clear and cool. Both morning and night will be cold and the days will get warmer when sunny. Whereas there is occasional snowfall at higher altitude. In Terai region, the mornings are hazy, with the sun only breaking through the dew for a couple of hours each day. Whereas, the temperature reaches up to 60s F during midday whilst evenings and morning are in the mid-40s F.

November & March

During this period the sky is clear, sunshine. In daytime the temperature is cooler; however, the nights will often be very cold.

In the Terai, highs in the upper 80's and lows in the low 70's F (upper 20's to low 20's C).

May through September

These period involved monsoon with heavy downpour and occasional thunderstorms. During this season the temperature and humidity is very high during both the night and day. These times are blessed for the keen botanist and forest researchers as the higher valleys and meadows bloom with flowers and lush vegetation.



Average Maximum – Minimum Temperatures (In degrees Celsius)

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Kathmandu	19-2	20-4	25-8	30-11	30-16	30-20	30-21	29-20	27-19	23-15	23-4	20-2
Pokhara	20-8	21-8	27-11	30-16	30-19	30-20	30-21	30-21	29-20	27-18	23-11	20-8
Chitwan	24-7	26-8	33-12	35-18	35-20	35-23	33-24	33-24	32-22	31-18	29-12	24-8

Accommodation

City Hotels

We use the finest hotel in Kathmandu, Pokhara and Chitwan. Depends on guest's budget and preferences we arrange two to five star hotels.

The hotel offers furnished rooms with all the modern amenities and Wi-Fi. We accommodate our clients at established hotels that are sustainable and implement a safety, security as well as quality plan.

Tea house Lodge

We accommodate the best and sustainable teahouse lodge during the trek. Wherever feasible, we select the eco-friendly and sustainable teahouses operated by locals. Generally, the teahouses are basic but adequate. Most rooms are shared and simple. Mattress, pillows, blankets and sheets are provided.



At the lower elevation, teahouses comprises hot shower, boasting flush toilets and clean rooms. Most bathrooms are shared and toilets can be either squat type of the western version. Cold water are free however you can use hot shower with additional charge.

While in higher altitude, the teahouse tend to be more basic with standard toilet without flushing device and pot of hot water is available for shower. Toilet paper is not provided so you should bring your own or purchase it locally.

Most tea houses will have basic access to electricity for lighting and central plug points in the communal restaurant for charging devices like mobile phones, tablets. Depending on type electronic device you will charge between Rs.100-Rs.600. **Please note that access to charging points are often limited in the busier tea houses where demand for charging points are high.**

The main trekking routes like Annapurna and Everest Base Camp offer Wi-Fi. However, connection speed and availability is spotty and unreliable. Teahouses in the Namche bazaar have better internet connections but the internet coverage is low in other parts.

Meals

1. Meals at Teahouse

Tea houses offer a wide variety of food and some actually have basic Nepali and Tibetan meals. Dinner and breakfast is usually done in the lodge where you stay overnight, but lunch will be eaten at one of the trail side restaurants. Tea Houses and trail side restaurants serve food ranges from the national staple of Dal Bhat, to western food like steaks and chips.

For breakfast you can choose porridge, cornflakes, Tibetan bread with honey, boiled eggs, omelet and tea for breakfast. While you can also select wide range of food for lunch and dinner such as Nepali Thali set, momo, pizza, noodle soup, fried noodles, fried rice (veg, meat), curry and pizza. Additionally, we recommend not to eat meat dishes during trek that might cause stomach upsets or illness. We advise to use hand sanitizer to prevent from germs while handling money.



If your accommodation and meals are included as part of a package trek, then everything will be taken care of at your teahouse. Any additional items that are not included in the set menu should be ordered and paid for separately.

Generally, if clients book bed and breakfast as a part of package then breakfast is included throughout the trip. While for dinner and lunch, clients have choice of eating options from available menu. If you purchase imported food and beverage while on trek you will expend more than the suggested amount.

2. Meals at Camping trek

Every morning, trekking crew will bring a washing bowl and a cup of tea to everyone's tent.

All three meals are included during camping trek. Nepal Sanctuary Treks provides wide selection of breakfast menu including muesli, cereal, bread, eggs, organic coffee, herbal tea and also chocolate bar after breakfast.

For lunch pasta, momo, salad will be served while for dinner we provide soup and popcorn as starter followed by main dishes i.e. Chinese, Nepali, Italian food.

3. Meals at Hotels

Generally breakfast is included in package. Whereas, you can choose to have dinner and lunch either at hotel or restaurant as you can find ample of restaurants around the city areas that serve extensive range of dishes.

4. Cater meals

We suggest to inform your specific dietary requirements prior to booking i.e. Vegan, nut allergic, latex, vegetarian, non-vegetarian meals so that we will cater accordingly.

5. Meals Package

Meals inclusion and exclusion depends on what sort of package you choose. Following are the details on meal package:

1. Trek Package: This package include breakfast on city hotels whereas full board meal is provided on trek.
2. Trek with bed and breakfast: This package include breakfast on trek and city hotels.



3. Camping trek: If the trek is the combination of camping and teahouse trek then meals on full board is provided during camping whereas depending on package the meals at teahouse is provided accordingly.

Drinking Water

Since we are concern on environment, we strongly recommend all client to avoid the use of plastic mineral water bottles. Most hotels provide filtrated drinking water in each room. However, it is advised to carry purification tablets or Steripen to treat the tap and stream water as untreated water is not safe to drink anywhere in Nepal. During your stay at lodge or if you run out of drinking water along the trail then you can get boiled water from teahouse lodge with minimum charge.

Health

The walking parts of these trips are strenuous and should exceed approximately 5-8 hours a day with significant altitude gains and losses over uneven, rocky and sometimes steep terrain. No technical climbing or other special skills are required.

However you must be in sound health, as medical services are generally inaccessible in trekking regions. The maximum altitude of this trek is 6,160m/20,209 ft. and you need to be physically strong and fit which is very important aspect for the trip. The trek takes place towards higher elevation and remote area.

Altitude sickness affect you at these elevations. It is vital the body adapts to the high altitude conditions like a low level of oxygen and declining air pressure. Nepal Sanctuary Treks carefully design and plan the itinerary and provide enough time to acclimatize the body.

Before your trek, make commitment to prepare yourself for trekking by setting workout schedule. You should start training several months before your trek to achieve optimum fitness. You can visit gym and initiate various fitness activities.

In addition, avoid consuming ice, salad, raw vegetables and deep fried, spicy and greasy food.

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During the time of evacuation, the client should call their insurance company on the 24 hour emergency telephone number (using cell) to clarify the state and get their insure approval to cover the costs for evacuation plan.

In the event of urgent evacuation rescue is done by helicopter and send back to hospital in Kathmandu. Make sure that your insurance policy covers you for such unlikely incident.

Safety and Security

- Please use your own good decision while choosing an activity in your leisure time. Though the cities visited on tour are generally safe during the day, there can be risks to roaming throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.
- Protests and demonstrations, even those that are well intended, have the possibility to turn fierce without warning. If you are in an area where there are rally of demonstrators or protesters, leave the area immediately.
- Water based activities have a component of hazard and excitement built into them. We suggest only participating in water based activities when accompanied by a guide(s). We make every effort to ensure the fun and adventurous element of any water based activities like rafting if you wish to have on add on package.
- For the safe keeping of your passport, air tickets, travelers' cheques, cash and other valuable items we advise the use of a neck wallet or money belt while travelling, Safety deposit box is available in city hotels to store your valuable items but during trek you have to secure your belongings. So we recommend you to leave valuable ornaments at your home. A lock is suggested for securing your luggage.



Vaccination

It is advised to consult or get professional advice from travel doctor about vaccinations and medical travel information beforehand. Though we provide first aid kit but we recommend that you carry first aid kit, antibacterial wipes and hand sanitizers.

Travel Insurance

Travel insurance is excluded in the trip price. It is mandatory that you take out comprehensive travel insurance prior to your trek. Travel Insurance reduce the significant financial risks of travelling and must cover personal liability, lost baggage, medical protection, emergency evacuation, canceled trip, accidents, missed flights etc. We suggest our guests to get insured to protect from possible hazards and enjoy the dream vacation to the fullest.

Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is essential that you have your passport information at the time of booking so as to process these tickets. Internal flight tickets are issued locally and will be provided to you prior to the flight departure. The flight allowance is 10 Kg/22lbs for luggage, and 5 Kg/11lbs for hand luggage. However, you can left the luggage in Kathmandu hotel for free of charge.

Laundry

With minimum charge, laundry facilities are available in city hotels. There will be times when you may want to or have to do your own laundry so we advise you bring biodegradable soap.

Money Exchange

Please refer website for daily exchange rates: www.xe.com As of September 2018, rate for NEPAL was 1 USD = 114 NPR (Nepalese Rupees). Numerous ATM machines that accept both Visa and MasterCard but these are limited other parts of Nepal. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee. Depends on bank the maximum withdrawal from ATM is 35,000 rupees with Nepal bank charge 500 rupees.

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Bank Hours

Banks are open for money exchange and other transactions from 10:00 AM to 3:00 PM, Monday through Friday. All banks are closed on Saturday and Sunday. You can also change money at hotels. ATM machines are available in Kathmandu and Pokhara but do not work at all times.

Language

The national language is Nepali, with different languages spoken in different parts. All of our guides are fluent in English, as do the porters at a more general level. English is widely spoken in cities, mainly among those involved in hospitality sector. While in remote parts, the local people you come across perhaps will not communicate in English.

Communication

There are two telecom companies (Ncell, NTC) in Nepal that offer free prepaid SIM card to International traveler upon arrival at Kathmandu International Airport. When you walk through arrival lounge you can see the booth on right hand side. The process is quite simple. All you need is a copy of passport and a passport size photo. Activation of the service is instant and Sim card comes with Rs. 50 talk time. For top ups you can purchase recharge card anywhere in Nepal.

The mode of communication like standard telephone system, fax and E-mail are easily accessible in Kathmandu and Pokhara. Whereas, communication services are not available while rafting and trekking. Most hotels sell stamps and have mail boxes for letters or postcards.

Time Zone

Nepal is 15 minutes ahead of Indian Standard Time; 5 hours and 45 minutes ahead of Greenwich Mean Time; and 10 hours and 45 minutes ahead of Eastern US Standard Time. Therefore, when it is 12:00 noon (standard time) in New York, it is 10:45 PM in Nepal.

Tipping information

Tipping is a nice way of saying thank-you and appreciating to crew members (leader, guide, cooks, and porter) who will play a vital role in your trekking experience. We will suggest and encourage you to be generous about tipping they have done for you. The

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recommended amount for trekking guide is Rs.400/ day and for Porter Rs.200/ day by each client.

Optional activities

Kathmandu Sightseeing Full day tour: US\$ 60 (based on min 2 pax)

Kathmandu Sightseeing Half Day Tour US\$ 40 (based on min 2 pax)

(With transfer, English speaking guide and entrance fees)

Note: The client who book full package include guided sightseeing tour.

Additional Costs

For full board package, please prepare the budget for lunch and evening meals in Kathmandu, Pokhara and additional lodge expenses i.e. hot showers, power during trek.

While for bed and breakfast trek package, arrange the budget for lunch and evening meals in city and during trek with additional lodges' expenses i.e. hot showers, power.

Hotel Transfer on Arrival

If your arrival transfer include in your package then transfer would arrange according to your provided flight details. If your flight timetable change within 48 hours of your scheduled arrival time then we will reschedule accordingly.

On your arrival day, Nepal Sanctuary Treks representative will wait you outside the arrival lounge with "**Nepal Sanctuary Treks**" **signage board**. While you exit from the arrival lounge please look at our representative with displayed signage of "**Nepal Sanctuary Treks**". If your arrival transfer does not arrive or if you miss representative after you have exited the arrivals lounge then please contact on following numbers:

Tulsi Gyawali, Managing Director

+977(0)9851023043

Prashant Rana, General Manager

+977(0)9841291201

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Nepal Sanctuary Treks office

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Stay alert from scam porter at airport

As you walk through arrival hall a friendly person approaches you and may offers to carry your weighty bags or push your trolley for you. Although they appear helpful, they will demand cash payment for helping you. They will not return your possession until you hand over payment. So be cautious from such scam artists and never let your baggage to touch and keep a close watch on all your belongings. Your collected luggage should keep in front of you at all time.

International and Domestic Departure

It is advised to arrive at the airport one hour prior to scheduled departure for domestic travel and three hours for international travel. This allows plenty of time to check-in, obtaining a boarding pass, and clear security before scheduled departure.

Feedback Form

After your trek, we want to hear from you! Your feedback information is essential to improve our service.

Blog

Our travel and trekking updates and information please visit our website blogs to read full of travel news, trip information and cultural information.

Cultural and Environmental Considerations

Nepal Sanctuary Treks is committed and aware to reduce impact on the environment through waste release reduction, energy efficiency, supporting sustainable practices among clients

We are closely working with Travelife and get recognition of Travelife Partner on August 07, 2018. Furthermore, we adhere International Porter Protection Group 5 guidelines and collaborated with Kathmandu Environmental Education Project (KEEP).

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In this consideration, we have developed Responsible Travel Policy which aims to ensure that Nepal Sanctuary Treks and its clients can conserve and maintain natural resources and seek to prevent pollution while trekking to the destination.

Environment

- Do not buy the artifacts, antique and products made from endangered species.
- Do not leave anything behind like rubbish in any form i.e. water bottles, Coke/ cold-drink cans, cigarette butts, chewing gum, snack packets etc.
- Do not damage natural environment: break trees, trample on flora
- Do not leave electrical equipment running – lights, fans, air conditioners
- Try to carry eco- friendly bag during travel and shopping which will help to send less amount of waste to landfills.
- Be economical in using fresh water for showering and washing as often they are in short supply. Be sensible while using hot showers heated by solar energy, by hydroelectricity or by the back-boiler method
- Try not to spoil plants along the trail and wild animals should not be touched, fed or disturbed.
- Carry water bottle that can use constantly to refill it instead of buying plastic bottles.
- If you generate non-biodegradable waste during trekking (batteries, shampoo & sun block containers plastic bags, toothbrushes, etc.) bring it back with you and dispose in designated separate places. Sanitary pads and tampons should be wrapped well and packed out. Don't put debris in the bonfire until the cooking is done because fire is considered sacred.
- We suggest all travelers to join us in seeing that no litter is left along trails. Our trekking crew will collect the garbage and dispose to the nearest facility or city.
- Use eco-friendly soaps, detergents and use pan for rinsing while bathing or washing near streams and throw soapy water away from the water source.
- You can also reduce firewood consumption by ordering the same food at the same time as others.
- Bring adequate clothes rather than depending on lodge fireplace for heat and never ask your trekking staff for a bonfire.

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Economy

- Buy local products or souvenirs made locally
- Eat in local restaurants, shop in local markets, buy local fruit, etc. to support local traders and farmers
- Consider tipping a rational amount for good service.
- Resist giving money to beggars; it is rather more effective to grant money to local charity. As begging only encourages local people to continue asking tourists for money.

Cultural Code of Conduct

- Use both hands to show gratefulness and respect whether you are giving or receiving as a gesture of respect, even if it is money. Always greet people with word “Namaste” by joining both hands together.
- Don't offer food to locals after tasting it, nor eat from a common plate, and avoid touching your lips to a shared drinking pot.
- If you need to use your fingers to eat, then use your right hand as justify hand is considered polluted.
- Never point your finger at a person and particularly to religious monuments, temples instead use the flat back of your hand to indicate the person or a sacred object. Never touch people on the head nor should you touch or point your feet at people because it denotes show of disrespect and insult.
- Walking around temples or stupas is traditionally done clockwise.
- When visiting a home, temple, monasteries take your shoes off and cover up your legs and upper arms. Smoking is prohibited inside sacred institutions. Avoid touching offerings or sacred objects.
- Ask for permission before taking photos of locals, religious festivals, cremation grounds and the inside of the temples. If possible avoid using flash. If you are wearing leather accessories you will not allow entering into the temple.
- While trekking both men and women should dress appropriately and modestly. Women should wear Baggy pants or calf-length skirts with loose tops. Whereas, Men should wear



a shirt and long trouser when visiting homes and religious places. However, Men's knee-length hiking shorts are fine for trekking.

- Public displays of affection and nudity are considered as scandalous. Men should wear shorts or underwear and women can drape in a sarong while bathing in a stream or at a village tap.
- Try to learn some basic Nepali phrase and language as much as possible.
- Never dispose rubbish in the cooking-fire area
- Show respect for local traditions and behave appropriately at religious sites.
- Do not give treats or money to children begging

Social

- Participate in social activities such as volunteer in school, donation to give back to society
- Do not engage or encourage anti-social activities like sex tourism, smuggling, drug trade, child exploitation etc.

Sustainable Practices when visiting National Park/ wildlife habitat

Following are the list of general guidelines to consider while visiting National Park:

- **Proper Dressing and comfortable shoes::**
It is advisable to wear clothes which cover the arms and legs to prevent from insect and animal bites or allergy. Wear covered comfortable shoes along with socks.
- **Combine clothes with nature:**
Do not wear bright, vibrant colors, bold prints as they might be upsetting the animals, or might get frightened
- **Stay in Right Company:**
It is very essential to stay with group, guided by guide or naturalist.

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- **Pack Light:**

Do not carry the unnecessary items. Just pack the essential stuffs such as sunhats, sunglasses, sunscreen, raincoat, mosquito repellent, antiseptic creams, water bottle, Band-Aids, a small torch, first-aid kit, personal hygiene products

- **Abstain Feeding Animals:**

Avoid feeding, provoke, agitate and teasing animals since their behavior is unpredictable and might get attacked.

- **Refrain from Littering:**

Do not litter trash and leave leftover food in the jungle instead take it with you and drop at designated area.

To minimize the use of plastics carry reusable bottles for drinking.

- **Stay alert:**

While doing jungle walk or any other activities related to jungle then one have to stay vigilant. One listen guide's instruction and keep an eye for wildlife.

- **Don't approach:**

Do not approach at breeding sites (nests, burrows, dens, etc.) as this can affect the breeding process of wildlife. In addition, never get too close to animals to observe them.

- **Keep quite:**

While taking tour in the jungle, please keep the conversation limited and speak in soft and low voice.

- **Refrain collecting/ touching flora and fauna remains and hunting:**

Do not carry bird feathers, stones and flora while taking tour via jeep drive, jungle walk or elephant ride. Do not trample, touch the plants and shrubs. Do not involve in hunting.



- **Refrain Flash**

Avoid disturbance for the wildlife while shooting videos or taking snap by setting flash mode off.

- **Avoid using combustible matter:**

Do not use any flammable substances during your jungle safari. For example: Cigarette

- **Avoid loud music and cell phone**

Keep the mobile phone switched off or on silent mode while touring inside the jungle. In addition, do not play music or create noise that might catch the attention of wild animals.

Transportation

Taxis: Public taxis are easily available in city. However, they usually do not operate their meters. So before getting into the taxi make sure to negotiate the fare or you can insist them to use meter.

Taxis can also be hired for day outings at a fixed price. Hotels can organize taxis or provide private cars.

Rickshaws: If you want to explore the city by two-seater tricycles then make sure to negotiate the fare before getting on.

Bicycles and Motorcycles: Bicycles can be hired from bike shops or hotels by the hour or day. Motorcycles can also be rented. A driving license is mandatory.

Clothing Etiquette

City

Casual dress can wear in city like Kathmandu and Pokhara. Conservative dress is always appropriate. However, close-fitting or transparent clothing may cause offense. Loose-fitting shorts are acceptable for both men and women outside of Kathmandu

Visiting religious place

While visiting religious place, outfit for men would include long sleeved shirts and long trousers. Whereas, women should wear covered tops with long skirts or loose fitting trouser.



On Tour

It is recommend to bring comfy clothes of good fabrics for tour. During the day, it is perfect to wear. Shorts or a skirt and a T shirt. Apart from this, it is suitable to wear sweat shirt and a windbreaker.

While Trekking

Suitable footwear is essential items for trekking.

The most important item you will require is suitable footwear for trekking. Lightweight walking boots with ankle support and rubber soles with thick tread are best. Unless you're trekking during the rainy season, they needn't be 100% waterproof. It is essential your walking boots are comfortable and broken-in; uncomfortable boots can ruin a trek. Your boots should be worn with thick natural-fiber socks.

For your convenience, while using the lodges, you will require a duffel bag, daypack as well as a rain poncho, walking stick, cotton scarf and sun hat. Down jackets, wool gloves and warm hats are needed during the winter season.

Packing Checklist

Footwear

- *Climbing boots
- *Light cotton athletic socks and wool climbing socks
- *Gaiters
- Walking socks.
- Trainers or trail shoes. Can be used in and around lodge /camping

Climbing Equipment

- *Crampons
- *Carabineers
- *Ice axe
- *Harness large
- * Ascender or Jamar
- *Slings and prussic cord.



Head Wear

- *Helmet
- *Climbing sunglasses
- * Wool or fleece hat.
- * Bandana or scarf.
- * Head torch. Bring extra batteries.
- * Face mask

Hand Wear

- *Lightweight thermal/insulated ski gloves

Clothing

- *Long sleeved cotton/woolen shirts
- *Wool long underwear
- *Long cotton hiking shorts
- *Warm climbing trouser
- *Light weight fleece
- *Water proof climbing jacket
- *Down Jacket & down trouser

Personal Equipment

- Stuff sacks for keeping your gear dry and organized.
- Two water bottles (Nalgene wide mouth bottles are the best).
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favorite snack food.
- Books, iPod and cards etc.
- Trekking poles (optional).
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).

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- Hand sanitizer (optional).
- Sun screen
- Lip salve

Travelling:

- Duffle bag or large backpack for your personal gear on the trek (carried by a porter). Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag include toilet paper, soap, towel, toothbrush, etc.
- Down high altitude sleeping bag
- Rucksack
- Day bag
- Kit bag

Personal first aid kit:

Note: we provide a comprehensive group first aid kit but please bring personal medications and other items you might use regularly such as:

- Any personal medications.
- Malaria prophylactic tablets.
- Blister treatment (Compeed patches are the best).
- Rehydration powder e.g. Dioralyte.
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.
- Diamox (helps with acclimatization).

If you're joining in white water rafting, add a pair of nylon shorts and 2 extra t-shirts. We will provide life jackets, helmets and waterproof drums for your equipment.

If you're visiting Chitwan National Park, some of your clothing should be in neutral colors, like khaki. White and bright colored clothes distract the wildlife.

If you're trekking during the off-season, water resistant boots and outerwear will be required



Clothing and Equipment Rental

You can rent trekking clothing and equipment in Kathmandu and return them when the trek is finished.

Recommended Rental Shop

Shona's Rental Trekking Shop, Thamel Contact: +977-4265120

Purchasing branded trekking clothing

There are branded gear store available in Kathmandu. The stores are located on Tridevi Sadak, a quick walk from downtown Thamel.

Outlet	Contact Number	Location
Black Diamond	01-4419680	Himalayan Java Building (Ground Floor), Tridevi Marg, Thamel
The North Face	01-4445101	Tridevi Marg, Thamel (NEPAL PLAZA BUILDING)
Columbia		Thamel Jyatha Chowk
Mountain Hardware	977-1-4259191	Tridevi Marg, Thamel

Purchasing branded trekking clothing

There are branded gear store such as Black Diamond, and The North Face available in Kathmandu. The stores are located on Tridevi Sadak, a quick walk from downtown Thamel.

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Recommended Restaurants

Kathmandu

Type	Name	Location
Japanese	Koto	Durbarmarg
Thai	Baan Thai	Maharajgunj
Thai	Krua Thai	Gahana Pokhari Marg, Tangal
Continental	Grill Me	Arun Thapa Chowk, Sanepa Lalitpur
Pizza/pasta	Roadhouse	Thamel, Bhatbhateni, Jhamsikhel, Boudha
Pizza	Fire & Ice	Thamel
Nepalese	Krishnapan	Dwarika's hotel
Steak	K2	Thamel
Asian western	Rum Noodles	Naxal
Indian	Ghar E Kababa	Annapurna Hotel

Pokhara

Type	Name	Location
Italian	Café Concerto	Lakeside
Asian + Western	Moondance	Lakeside

Clinic

CIWEC Clinic in Kathmandu	+977 14424111/4424242/4435232
CIWEC Clinic in Pokhara	+977 61 463082/467053

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Recommended Reading List

GUIDE BOOKS:

Nepal, APA, APA Publishers
Nepal, Nelles, Nelles
Trekking in Nepal, Bezruchka
Nepal, Lonely Planet, Lonely Planet

Background Reading

Tiger for breakfast, Michel Peissel, T.B.I.
Annapurna, Maurice Herzog, Harper Collins
Snow Leopard, Peter Mattessen, Collins Harvill
Travels in Nepal, Charlie Pye-Smith, Penguin
The Mountain is Young, Han Suyin, Grafton
Escape from Kathmandu, Stanley-Robinson, Unwin
Shopping For Buddhas, Jeff Greenwald, Harper Row

Illustrated

The Gurkhas, Sandro Tucci, Hamish Hamilton
The Mountain Kingdom, Col. B.M. Niven, Imago (available through our USA office)
The Honey Hunters, Eric Valli/ Diane Summers, Abrams

MAPS

Mandala
Nelles
A.P.A.

Note: Nepal has a number of excellent bookshops where novels (new and second hand) and reference books can be bought.