



Nepal Sanctuary Treks (Pvt.) Ltd.



KHOPRA RIDGE COMMUNITY TREK





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Trip overview

The Khopra Ridge Community Trek also known as Khopra ridge trek is one of the best off the beaten trekking trails which covers hidden treasures of Annapurna region.

The trek features all of the elements of classic trekking trails where you can experience the wildlife, great mixture of culture, rustic villages, and landscapes of elevated alpine, panoramic mountain views and bright color of rice fields layered on top of each other plunging down into the valley.

Trek up to Khopra ridge is rewarding as views are magnificent and seeing the white peaks flaring up in the morning sunlight is magical. It is a marvelous sight being surrounded by the white peaks of the several peaks.

This lesser-trodden short trek is perfect for solo, families with children as the trails are easy to walk on. The trek offers your children to be familiar with the delights of trekking, admiring the beauty of nature and opportunity to learn about authentic local culture and lifestyle.

Community-based lodges along the trails are managed by the indigenous community. Thus, apart from adventure, trekkers can help sustain indigenous communities while experiencing another culture and another way of being. Khopra Ridge community trek allows trekkers to stay in local homes, have a glimpse into traditional life, and, most importantly, where management and benefits remain with the community.

Trip Highlights

- Trek up to the captivating bewildered site of Khopra Ridge (3,660m/12,007ft) where a pure magnificence panoramic view of numerous snowy Himalayan mountain range awaits you; like Mt. Dhaulagiri, Nilgiri, Mt. Annapurna I, Annapurna South, Machhapuchhre, and other.
- You can witness the fine vantage point overlooking the Kali Gandaki River far below in the world's deepest gorge.
- Trekking to Khopra Ridge features a spectacular view of the sunrise over the silver mountains that transformed their colors from ivory to gold.
- The trail embark on blanketed forest of oak, pine trees with vibrant and fragrant rhododendron and plenty of other wildflowers in blossom, including the carnivorous Cobra Lily and Primrose which is even more beautiful in spring.
- The trail passes through lovely villages of diverse ethno-culture like Gurung, Magar, Chhetri, and Brahmin communities, which allow trekkers to witness and experience the authentic Nepali culture and lifestyle.
- Khopra is the domain of numerous exotic species of wildlife comprising deer, Pine Marten, red fox, Bulbul, eagle, Himalayan Tahr (mountain goat), langur monkeys, Babbler and Pheasant ·



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- Visit tranquil and sacred Khayar Lake (4,700 m) accompanied by beautiful scenic environment along with superb mountain views and glacier. In the month of August, the religious festival takes place where hundreds of pilgrims pay visit for a dip in the icy pond to purify the sin of hundred lifetimes.
- Observing beautiful flowering forests along the trail during spring season against the backdrop of the majestic Himalaya.

Trip Facts

Maximum Altitude: 3,660m/12,007ft

Best Season: (March-May), (Mid -September-Mid-December)

Grade: Moderate

Total Duration: 13 days

Trip Style: Teahouse Lodge, Community Lodge, Hotel

Starting and Ending Point: Kathmandu to Kathmandu

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 Tibet or similar.

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.

Accommodation: Hotel Tibet or similar

Day 2: Morning tour to the ancient marketplace and explore World's UNESCO Heritage sites

After breakfast, we will start our fresh morning by wandering Ason and Indrachowk marketplaces to get a glimpse of traditional Nepalese life. You'll witness the bustle of the market, see how locals purchase the products and haggle for a bargain. Whilst walking around enjoy the lively and vibrant atmosphere this local market has to offer.

We walk through a narrow alley and see people rushing. Observe the first hand the local produce people from Nepal actually purchase. You will also take in the sights and smells of the market. Your friendly tour guide will explain in full detail all the products and procedures you will see. There is plenty of opportunities to buy something for your selves and lots of photo opportunities to capture in your camera.

Next, we head towards **Kathmandu Durbar Square**, also called Hanuman Dhoka Durbar, and used to be the residence of the Nepali royal family and administrators. This ancient sites situated in the traditional heart of Kathmandu that incorporates an architecturally extraordinary complex of ancient palaces, temples, courtyards, and shrines dating from the 15th to the 18th century.



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The most revered places of Kathmandu Durbar Square is the three-storied temple named Kumari Bahal. The structured like a typical Newari Vihara. In this house lives Kumari, a girl who is respected as the living goddess. During the festival of Indra Jatra, the Kumari is paraded around the square in a custom-built gilded chariot and worshipped by the people.

The tallest temple of Kathmandu valley 'Taleju Bhawani' built in 1549 AD. This temple is deliberated to be the most outstanding work of art in the Durbar square and considered to be the royal goddess.

Jagannath temple built in the 16th century is well-known for erotic carvings, and the Hanuman Dhoka (the royal palace) is situated in Kathmandu Durbar Square.

Kalbhairav is considered to be the destructor form of Lord Shiva. Built in the 17th century, this, 10 ft. high stone statue of terrifyingly portrayed Kal Bhairav is sited near Jagannath temple.

Temple of Shiva Parvati, rectangular in shape enshrines Nava Durga, a group of goddesses on the ground floor. It has a wooden image of Shiva and Parvati at the window of the upper floor looking out at passerby in Durbar Square.

Swayambhunath:

You are then taken to Swayambhunath (monkey temple) which is the magnificent ancient religious architecture and center faith of Hinduism and Buddhism. Its lofty white dome and dazzling golden spire are visible from far and wide. Upon arriving at the top, you can hear the Buddhist songs “Om Mani Padme Hum” resound everywhere. The candles and the aromatic fragrance of incense that burns constantly create a serene vibe, and we can turn the enormous prayer wheels which encircle the stupa.

Boudhanath:

Buddhist shrine of Boudhanath, one of the largest stupa in Nepal as well as the sacred Buddhist sites in Kathmandu. You will observe the monk chant in the prayer hall while people lighting butter lamps and reciting mantras. You can see the vibrant prayer flags tied to the stupa that conveys mantras and prayers into the universe while fluttering in the wind. Traditionally, prayer flags come in sets of five, one in each of five colors. The five colors signify the elements and the Five Pure Lights.

Pashupatinath:

Further, we visit Pashupatinath temple, a Hindu shrine dedicated to Lord Shiva located on the bank of Bagmati River. You can see elaborately dressed holy men meditating outside the temple and pilgrims placing offerings at the shrines. You can also observe people performing the religious ritual and funeral pyres burn at open-air cremation.

After visiting fascinating cultural heritage sites, you will transfer back to Hotel. The evening can either be spent strolling the marketplaces in Kathmandu or resting at Hotel Tibet or similar.

Accommodation: Hotel Tibet or similar



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Day 3: Kathmandu– Pokhara (895m/2,938ft) 25 mins flight – Drive to Lumle 1 hour drive and trek to Syauli bazaar (1,100m) – 3-4 hours walking.

Our representative will come to pick you up at hotel and transfer to domestic airport for flight to Pokhara in the morning. We can catch stunning views of the Himalayas from the right side of our airplane. Upon our arrival in Pokhara, the beautiful lake city, we are rewarded with superb views of the Himalayas including Dhaulagiri, Manaslu, Machhapuchhre, the five peaks of Annapurna and others.

Upon arrival in Pokhara, we take an hour scenic drive along the Seti River valley to the trek starting point off the road at Lumle. We begin our trek through forest in the lower foothills of the Annapurnas where there are good views of the mountains and of Modi khola far below in the valley.

The trail passes through Tomijung known as the bee village due to the old style bee hives attached to the side of the traditional houses. There are terraced fields nearby growing rice and maize as well as a variety of vegetables. Descending from Tomijung we cross the suspension bridge over Modi River and then it is a short walk along the jeep track to Syawli bazaar.

Accommodation: Local Teahouse

Day 4: Trek to Ghandruk (1,940m) - 4 to 5 hours walking.

The trail passes through small hamlets, terraced rice fields and forests with spectacular views of the surrounding valley, finally you come to the flag-stone-lined streets of the Gurung settlement of the Ghandruk, the largest Gurung settlement in the area, the people are friendly but take your Sirdar with you while exploring. There are fine views of Annapurna South, Machhapuchhre and Huinchuli from the village.

Accommodation: Local Teahouse

Day 5 : Trek to Tadapani (2,590m)- 4 hours walking.

From Ghandruk continue upwards through Deurali and into the forest then through rhododendrons forests and over a small pass to Tadapani. This place is surrounding by rhododendrons forest so you will have an opportunity to see lounge monkey. You will see fabulous sunrise over fish tail, Gangapurna and Annapurna range.

Accommodation: Local Teahouse

Day 6: Trek to Bayeli Kharka (3,420m) - 5 to 6 hours walking.

After Tadapani we leave the main trail and for the next five days we will walk in more remote area of the Annapurna region while staying at a network of community lodges. This is a lovely walk through rhododendron and oak forest following a trail originally used by villagers from Ghandruk to take their buffaloes, sheep and goats to the higher pastures in the summer months. The trail starts to ascend above the tree line and follows a ridge to Deurali (small pass) and then continues up to Bayeli Kharka where the first community lodge is located. From the lodge the view to west is dominated by Mount Dhaulagiri at 8,167m is the seventh highest mountain in the world.



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Accommodation: Community Lodge

Day 7: Trek to Chistibung (2,975m) - 6-7 hours walking.

This section of the trail is on a grassy slope and traverses through pasture with a number of herder's huts and dzo grazing (crossbred cow and yak). Look out for the colorful Danphe pheasant, the national bird of Nepal, as well as Himalayan tahr on the grassy ridge high above the trail.

Accommodation: Community Lodge

Day 8: Trek to Kopra Ridge (3,660m) -3 hours walking; Hike around Khopra Ridge

Today we leave Upper Chistibung behind and trek toward Khopra Ridge. We start a steady ascent above the tree line through alpine meadows. As we approach to Kopra ridge we will see the tip of Annapurna south. Once we reach at Kopra Ridge the full panorama of Mt. Dhaulagiri and Nilgiri, Fang and Annapurna south can be seen. After lunch, it is worth taking hike towards Kaire Lake, from there the view of Fang and surrounding mountains looks amazing. Khaire Lake is considered to be a holy lake by the Hindus, it is believed that bathing in the lake will help achieve Nirvana. OR Short walk down to a vantage point overlooking Kali Gandaki river far below in this deep valley we can go for a short walk around the ridge for better views.

Accommodation: Community Lodge

Day 9: Trek to Swanta Village (2,200m) – 6-7 hours walking.

It takes an hour of descent to get back down to Upper Chistibung community lodge, it is worth stopping for drink then carry on down to Swanta village. Along the way we got more views of Mount Dhaulagiri with this mountain providing a lovely backdrop to the terraced fields and traditional houses in the nearby villages. At Swanta village it is worth visiting Swanta Primary school where there are two teachers funded by the profits from the community lodges. Overnight community lodge.

Accommodation: Community Lodge

Day 10: Trek to Ulleri (2,050m)- 6-7 hours walking.

An hour or so after leaving Swanta village we join the main trail to Ghorepani where there are of course far more others trekkers making one appreciate the quieter days walking along the Kopra Ridge. After Ghorepani we descend through rhododendron forest to Ulleri where we stay in a teahouse for the night. Overnight teahouse lodge.

Accommodation: Local Teahouse

Day 11: Trek to Nayapul- 4 hours walking, then drive to Pokhara.

This is our last day trekking where we walk out to Nayapul, Descend the cliff to the village of Tirkhedhunge from where you follow the Burungdi river past Hille, it's series of pools getting more and more picturesque as you finally enter Birethanti (1065m), at the confluence with the Modi river. From



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Birethanti, cross the river on the Swing Bridge, then turning west follow the Modi Khola through light forest to the confluence with a stream at Nayapul. 30 minutes should see you to the road head from whence you catch back to Pokhara.

Accommodation: Mount Kailash Resort or similar

Day 12: Flight from Pokhara to Kathmandu

After breakfast, we take a flight back to Kathmandu. Upon arrival, our representative will transfer you to hotel. You can spend the day rest or catch up on some last minute shopping or shop for some locally made handicrafts and souvenirs. Stay overnight in Hotel Tibet or similar.

Highlights:

- Stroll the streets of Kathmandu, which provides a captivating mosaic of shops, cafes and restaurants, food markets and avenue vendors and bewildering collection of colorful temples and shrine

Accommodation: Hotel Tibet or similar

Day 13: 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.

Cost includes

- Airport transfers,
- 3 nights hotel*** in Kathmandu with breakfast,
- 1 night hotel *** in Pokhara with breakfast
- Tea house lodge accommodation during trek with breakfast,
- Guided Kathmandu Sightseeing tour with entrance fees
- Internal flight: Kathmandu-Pokhara--Kathmandu
- Trek Permits & Annapurna Conservation Fee,
- Staff insurance on the trek,
- Trek guide, assistant guide & porters

Cost excludes

- Lunch and Dinner in Kathmandu, Pokhara and on trek (approx. US\$ 20 per day)
- Beverages,
- Personal equipment,
- Personal bills,
- International airfare
- Excess baggage beyond 15 kilo including day pack
- Visa fee: US\$ 30 for 15 days , US\$ 50 for 30 days and US\$125 for 90 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), liability insurance
- Tips

Packing Checklist

- Waterproof walking boots with suitable ankle support.
- Loose, casual waterproof trousers for trekking.
- Thermal coats or fleece.
- Warm socks.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outers for higher altitudes.
- Wool or fleece cap.
- Day sack to be carried personally.
- Warm gloves
- Two water bottles (Nalgene wide mouth bottles are the best).
- Personal water bottle.
- Camera, spare battery and battery charger.
- Toilet items and towels.
- Hand sanitizer
- Moisturizers
- Sunscreen
- Sunglasses
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira)
- Favorite snack food.
- Books, iPod and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional), binoculars.
- Personal wipes, Biodegradable soap
- Dental floss

Gears

Day backpack: 25-35 L backpack (depending on one's preferences).

Duffle bag

Small lock: Bring a small lock for your duffle bag.

Sack to organize and store your dirty laundry.



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Trekking Poles

Sleeping bags: -10° C /14° F for a teahouse

Trekking Towels

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 eg 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.



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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

General Information

Nepal Sanctuary Treks has prepared this booklet to assist you to get ready for a trek in Nepal. We design our treks to allow you to experience the Himalayan countryside to meet the people of the hills with a minimum of formality and preparation. If you follow the suggestions in this booklet, you will have all the equipment and permits you need to enjoy your trek. Please read this booklet carefully so that you will know what to expect when you arrive in Nepal.

Nepal Sanctuary Treks is a Trekking outfitter. We operate treks for major trek outfitters throughout the world. If you are reading this booklet, it means that you are either already in Kathmandu or have corresponded with us from a place where we have no agents.

We are arranging a customized treks and tours for you and your party. You are not joining a group. If there are more than 3 or 4 people in your party, one of you should assume an informal leadership position to act as spokesman for the group both in Kathmandu and on the trail.

Preparations

There are many preparations that you can make before you depart for Nepal. Most important are your clothing and trekking equipment, medical supplies, your passport and a visa for Nepal. While some of these projects can be postponed until the last minute (by getting a visa at the airport in Kathmandu or renting your trekking equipment in Nepal, for example), we strongly recommend that you make the most preparations in advance so that you do not waste time during your holiday satisfying bureaucratic formalities or searching for some item of equipment that is temporarily unavailable for rent in Kathmandu.



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Nepal Visa Information

We urge to obtain a visa before you come to Nepal. It is possible to get a visa upon arrival in Kathmandu. 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.

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.

a. Tourist Visa Fees

Multiple entry 15 days US\$ 30 or equivalent convertible currency
Multiple entry 30 days US\$ 50 or equivalent convertible currency
Multiple entry 90 days US\$ 125 or equivalent convertible currency

b. Tourist Visa Extension

Visa Extension (within valid visa period): USD 3 per day
Visa Extension (With Multiple Entry): Additional USD 25
Visa Extension (After Visa Expiration): Late fee USD 5 per day

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.



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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.

Our office will be happy to assist you with this project, but you should inform us as soon as you arrive in Nepal.

Trekking Registration Certificate (TRC)

A trekking registration certificate is required to visit the road less regions of Nepal. The cost of this permit is included in your trek fee, but please assist us to obtain this permit for you. As soon as possible, please send the attached TRC information, photocopy of your valid passport number to Nepal Sanctuary Treks.

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](#)

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 traveling on the booking. Once you decided to take the trip, please download the [Pre trekking Booking form](#) and return it to us via email info@nepalsanctuarytreks.com.



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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 the 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. 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. For the payment by credit card, please open the link, and complete the form with necessary details then proceed, it is Quick, Easy and secure: <https://www.nepalsanctuarytreks.com/payment-form/>

Bank Transfer Payment:



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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.

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

Your personal details

In order for us to confirm your travel arrangements, you must provide all the requested details as asked in the Trekking / Tour registration form. Necessary details include full name as per passport, date of birth, gender, nationality, passport number, passport issue, and expiry date and any pre-existing medical conditions you have which may affect your ability to complete your travel arrangements.

Passport and visas

You must carry a valid passport and have obtained all of the appropriate visas, permits, and certificates for the countries in which you will visit during your trip. Your passport must be valid for at least 6 months beyond the duration of the trip. It is your responsibility to ensure that you are in possession of the correct visas, permits, and certificates for your trip; please refer to the Trip Notes for details. We are not responsible if you are refused entry to a country because you lack the correct passport, visa or other travel documentation. Once refused entry the trip will be considered as canceled by you. For more information please click [Visa and Travel Information](#).

Liability

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



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Price changing and validity

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.

We reserve our rights to amend the price under various conditions. However our actions will be reasonable, like in case of circumstances for instance fluctuations in the exchange rate, fuel cost, inflation or government actions, and other operating costs on which price is based.

The passport and visa fees, travel insurance, excess baggage charges, airport taxes, tips to leaders and guides, extra meals, laundry, beverages, shower at tea houses, medical expenses, optional activities and trips, and any items of a personal nature are not involved in your trip price.

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. You must provide proof of your travel insurance on the first day of your trip, without proof of travel insurance Nepal Sanctuary Treks will be forced to terminate the contract without refund. In addition, we do not bear the responsibility to cover public liability insurance as per Nepal Act.

Recommended Travel Insurance

Global Rescue

WORLDWIDE HEADQUARTERS:

85 MECHANIC ST, SUITE A1-1

LEBANON NH 03766 USA

PHONE:

TOLL-FREE: (800) 381-9754

LOCAL: (617) 459-4200

(603) 443-5400

FAX: (617) 507-1050

[Download form](#)

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.

During the tour

In case you commit any illegal act during your tour and you are compelled to leave Nepal, Nepal Sanctuary Treks is not liable for any kind of refunds



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Incomplete Trip

The paid amount will not reimburse for any unused portion of the trip if you leave your trip by any cause. So we are not liable for any refunds in case of any incomplete tour, trek or expedition whatever the reason from the client's side.

Personal Belongings

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

Health & 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. Please read our [Privacy Policy](#).

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



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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

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



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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.**

Meals

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.

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.

Any additional items that are not included in the set menu should be ordered and paid for separately.

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.

Drinking Water and Food

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.



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In Nepal you should eat only freshly cooked food. You should always wash your hands before eating, especially if you are eating things like biscuits and bread with your fingers. If you follow these simple rules, you should not experience any severe stomach problems. Before warned, however, that it is not unusual to have some mild diarrhea in Nepal while your system adapts to a new environment. If, however, you have diarrhea accompanied by severe cramps, high fever and chills, you may have a bacterial or parasitic infection that requires additional medication.

The hotels we use are known for their hygienic standards, and the food they serve should pose no health problems. If you eat in restaurants outside the hotel, you should follow the cooked foods rule. Salads and fruits that cannot be peeled should be regarded with suspicion. Open air sweets, dried fruits, local *chhang*, candy colored soda pop in the bazaar, and the wares of small pie shops are all tempting, but can harbor germs and parasites that can upset your stomach and ruin your trek.

During the camping trek, the Sherpa cook and kitchen crew thoroughly cook all food and wash dishes in boiling water. The most important consideration for staying healthy is to take extra care with your own personal hygiene. Keep your hands clean by washing them frequently in the washing water that we provide or by using frequently moist towels (Wash n' Dry').

Vaccination and Medical Supplies

It is advised to consult or get professional advice from travel doctor about vaccinations and obtain medical travel information beforehand. If your doctor makes recommendations contrary to the suggestions here, follow your doctor's advice, and obtain substitutes for these items. It is not necessary to burden yourself with a lot of medicines for the trek, though you should carry enough to take care of most situations.

Nepal Sanctuary Treks also provide a first aid kit on private treks that we organize, though you should bring your own aspirin, band aids, etc. If you are taking an extended trek, you should equip your party to deal with possible problems and emergencies.

Recommended Injections

- Cholera
- Typhoid-paratyphoid
- Tetanus
- Polio (oral)
- Malaria (only if you will be visiting a jungle lodge)
- Typhus
- Hepatitis (gamma globulin an expensive but important shot)
- Meningitis Meningococcal A/C vaccine

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.



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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.

We suggest our guests to get insured to protect from possible hazards and enjoy the dream vacation to the fullest.

Participation Statement

Participants should be conscious that the adventurous activities and travelling in a developing country encompass a risk of personal injury or death. As a condition of booking you must agree these risks and be accountable for your own actions and involvement.

Adventure travel needs an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control.

Lack of acclimatization to high elevation could also be a risk factor. Our itineraries let adequate time for acclimatizing though it is possible that some individuals might be slow acclimatizers. The majority of our trips undertake at far-flung areas where you are away from normal emergency services and medical facilities. In case of a severe injury needing hospitalization, it has to be accepted by you, evacuation could take up to numerous days and may hinder your ensuing recovery. Helicopters are the most usual mode of evacuation, nevertheless they are not always available or they may be delayed by poor weather and flying conditions.

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.



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- 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.

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.

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.

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



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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.

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.

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

Nepal Sanctuary Treks office
+977 14426721, 4431610, 4434542

Check in for the Trek

As soon as possible after you arrive in Kathmandu, We brief you detailed information about the trek and to assure that all formalities, such as trekking permits and visa extensions, are completed. *You must leave your passport with us* while we process your trekking permit.



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Nepal Sanctuary Treks office hours are 9 a.m. to 5 p.m. daily except Saturdays but in season we will be opened from 8 a.m. till 8 p.m. throughout a week.

Reconfirmation of International Tickets

Your onward flights must be reconfirmed 72 hours before departure or the airline will cancel your reservations. You can do this yourself before the trek, or we can reconfirm your flights while you are trekking. If you wish us to provide this service, you must also leave your international air tickets in our custody during the trek. It will simplify our administrative procedures if you deliver both your passport and plane tickets to us at the same 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.

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 **weight limit** on domestic flights is 15 kg (33 pounds) *including hand luggage*. Because the aircraft are small, it is often impossible to carry extra baggage even if you are willing to pay for excess baggage. Please do not burden yourself with too much luggage. However, you can leave the luggage in Kathmandu hotel for free of charge.

Flight Delays

Everest, Jomsom, Jumla and Dolpo treks are dependent upon flights to the small (15000 foot runway length) **STOL** (short takeoff and landing) airstrip at these places. There are no navigational aids. All takeoffs and landing are contingent on a cloudless approach. Clouds can come in so fast that planes sometimes land in clear weather, load up, and have to spend the night for lack of visibility for takeoff.

Not only because of weather, but also because of other operational complications, flights are often delayed or cancelled. This can become a continuing delay going on for several days. Therefore, you must be prepared (bring a good book to read) for long waits at the airport in both Kathmandu and out of Kathmandu. It often happens that either the start or the finish of the trek (or both) is delayed by one or two days because of cancelled flights.

Some airlines have started helicopter service for those places but some time they also can't fly due to bad weather. Be assured that Nepal Sanctuary Treks does everything possible to avoid delays and to get you on the next flight if yours is cancelled, but you must be prepared for delays.



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We recommend that you allow at least *two days in Kathmandu* at the end of your trek to provide a cushion for flight delays before any onward reservations or other travel plans. For an example if the start of an Everest trek is delayed so long that it upsets your onward travel schedule, we will suggest that you consider an Annapurna or Langtang trek as an alternative.

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 Certified on January 19, 2019. Furthermore, we adhere International Porter Protection Group 5 guidelines and collaborated with Kathmandu Environmental Education Project (KEEP).

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



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- 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.

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.



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- 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

- 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.



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- **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.



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For your convenience, while using the lodges, you will require a 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.

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 Kabab	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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