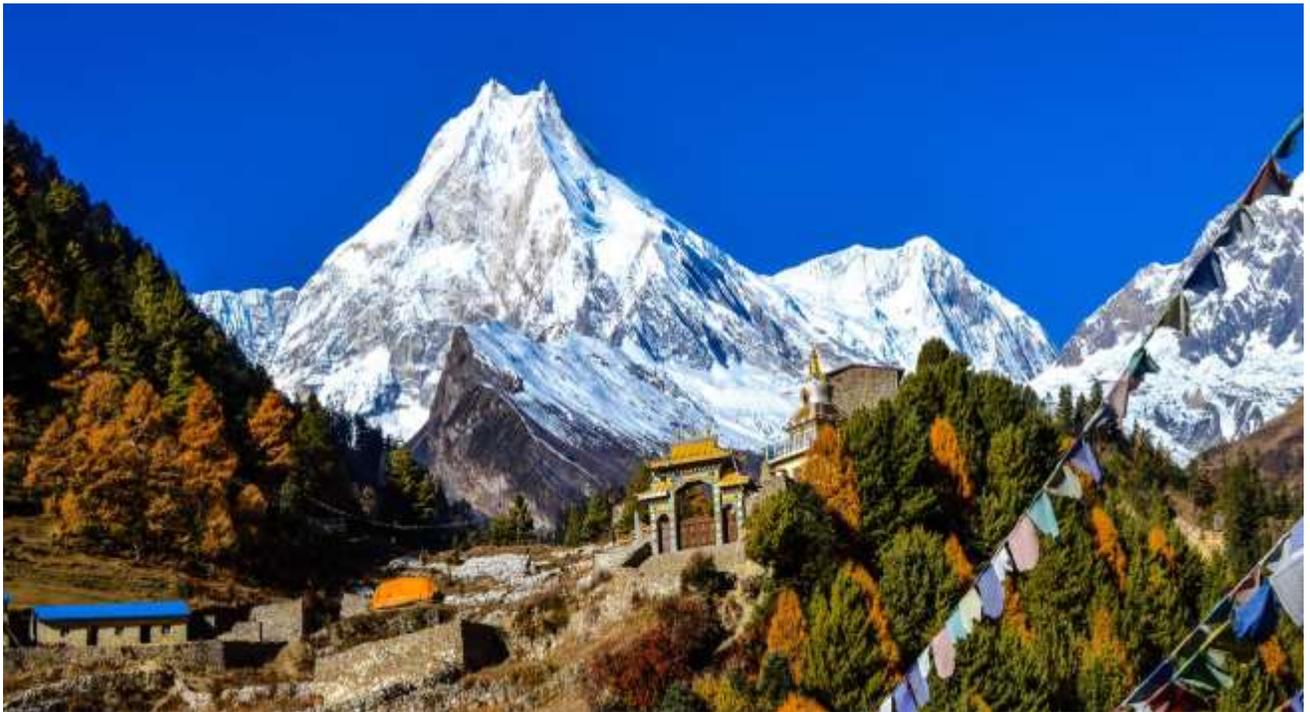




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MANASLU CIRCUIT TREK



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Trek Overview

Discover the unexplored Manaslu Region with the Nepal Sanctuary Treks on our Manaslu Circuit Trek. The Manaslu Circuit Trek is left untouched by tourism and is ideal for those seeking a getaway from bustling life. The luxuriant surroundings in the setting of snow blanketed mountains, this region is a blessing for anyone looking for tranquil and pleasure amidst nature.

Manaslu Circuit is one of the classic treks in Nepal around Manaslu the world's eighth highest mountain followed by crossing the Larkya La pass.

This trek would appeal to anyone who is looking for a challenging trek in a remote region of the Nepal Himalaya. The trail passes through a geographically spectacular and culturally fascinating area with scenery similar to the classic Annapurna Circuit.

The trek starts at the town of Arughat passing through bamboo forests and Gurung villages in the narrow Buri Gandaki gorge. After Lho village we enter the Nupri region inhabited by Tibetan immigrants where you will see colourful prayer flags, Mani walls and monasteries along the way.

After Samdo village we start the approach towards the Larkya La pass, crossing this high Himalayan pass is a challenging day although would be a good objective for a fit hill walker with no previous mountaineering experience. The view from the Larkya La is superb where we will see Himal Chuli, Manaslu, Cheo Himal and Himlung Himal mountains.

Trip facts

Maximum Altitude: 5,135m/16,847 ft.

Total Duration: 18 days

Grade: Strenuous

Best Season: Mid Sep-Mid Dec, March-May

Trip Style: Teahouse Lodge, Hotel

Trip Highlights

- Manaslu circuit trek stands out among other off beaten trails that offers a serene, natural and beautiful experience
- Manaslu circuit trek situated in Manaslu conservation area which is a domain to 33 species of mammals, 110 species of birds, 211 species of butterflies, 2,000 species of flowering plants and 11 types of forest which offers the diverse nature in a short upright vicinity.

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- Cross several thrilling swing suspension bridges over different river, including the Budhi Gandaki River and several Mani walls on the way.
- Cross Larke la (5210m), the highest point of this trek where a pure magnificence panoramic view of numerous snowy Himalayan mountain range awaits you;
- Observe the Tibetan villagers closely and witness their customs and experience how they interact with each other and with visitors.
- Experience walking through pine, rhododendron and bamboo forest and enjoy the nice view of the waterfall as well as flora and fauna i.e blue sheep, the mountain goat.
- Observe the Horse riding festival in Samagaun if you are trekking during April
- The trek is wild and remote, yet there are teahouses at an everyday stage, so trekkers don't need to bring tents and food, making it more accessible and affordable than similar treks.
- The scenery provides all Nepal has to offer: you'll trek from the subtropical jungle at lower elevations, through the Himalayan foothills to the high, cold and challenging crossing of the Larkya La above 5,100 meters / 17,000 feet.
- The fascinating backdrop of Manaslu & surrounding Himalayan range.
- Visit Birendra Lake, the most stunning turquoise color, which is the result of water getting mixed with the glacial dust and rocks coming down from the high peaks. The water looked so astonishingly spotless and revitalizing that it made trekker want to just jump in and have a swim.

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 the hotel. Further details and short preliminary briefing will be provided after transferring to the hotel. Stay overnight in Hotel.

Day 2. Optional Morning tour to the ancient marketplace and visit world's UNESCO Heritage sites

After early 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.

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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. These 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.

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

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fragrance of incense that burns constantly create a serene vibe and we can turn the enormous prayer wheels that 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 the Hotel. The evening can either be spent strolling the marketplaces in Kathmandu or resting at the hotel.

Day 3: Kathmandu-Arughat (550 m/ 1804 ft) 7 hrs drive and further 1 ½ more to Soti Khola (597 m/1958 ft)

After breakfast, we take a scenic drive to Soti Khola, which is about a 7-8 hour drive from Kathmandu. During the drive, we enjoy scenery landscape along with the Mountain View.

We will be driving on a paved highway from Kathmandu to Dhading Bensi, and then drive to Arughat on a bumpy road passing through bamboo forests. Upon reaching Arughat, we drive further towards Sotikhola. Overnight at Sotikhola

Trek Highlights:

- A glimpse of the southern slopes of Annapurna, Manaslu, Ganesh Himal, and Langtang Himal.
- The drive passes through rural communities, small towns, green terraces, and lush hillsides
- View raging Trishuli River

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Day 4: Soti Khola to Macha Khola [900m/2952 ft]: 6 – 7 hours

In the early morning, we start our trek by traversing the bridge and trek through the Sal forests. Then we ascend onto a ridge above huge torrents on the Budhi Gandaki and continue to Korsani.

The trail now gets a bit more difficult as we ascend over a huge rock and pass a brook on a single log bridge then weaves its way up and down again to the banks of the Buri Gandaki.

It continues up a steep rocky track to the Gurung village of Labishe. From Dobhan, we climb following a rocky ridge to old school from where the valley widens.

Then the trail descends to a tropical waterfall with a wooden bridge. The trail climbs over another ridge and dropping to the sandy river bed.

We walk along with rounded stones before ascending over a side ridge. We move down again to the river and traverse one more suspension bridge to reach Machha Khola village.

Trek Highlights:

- Scenic backdrops of Ganesh Himal, Shringil Himal
- Classic trek up and down through innumerable landscapes comprising forests, rice paddies, a cliff-face ridge, a rushing river, and numerous beautiful waterfalls.
- Explore Gurung village and observe their lifestyle
- Traverse a bridge, before you trek through a forest, then ascend onto a ridge above the raging of Budhi Gandaki River

Day 5: Trek to Jagat (1410m/ 4625 ft.): 6 – 7 hrs.

After breakfast in Machha Khola, you'll continue the trek, which follows the canyon and continues up the river. The trail is narrow at first and gradually trek up and down, finally traversing the Tharo Khola to reach Khorlabesi. After a few additional ascending and descending, the trail leads at a small hot spring in Tatopani.

From here, you'll climb over another ridge, then cross a suspension bridge over Budhi Gandaki. At this point, you will climb up a wide stone staircase all the way to the ridge of Dobhan. Upon traversing another suspension bridge over the Yaru Khola, you'll climb a stone staircase and then descent to the river and ascent more stone stairs to Tharo Bharyang.

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Crossing the west bank of the Budhi Gandaki, you'll climb over a ridge, trek along the river and then climb towards the village of Jagat.

Highlights:

- Enjoy bathing at hot spring where you can cleanse yourself spiritually in natural hot springs with bathing areas in the lap of the mountains
- Towering mountains and deep river gorge, climb up the stone stairway
- Crossing suspension bridge over the Yaru Khola and Budhi Gandaki,
- Keep an eye out for picturesque Gurung hamlets in the jungle high above, in addition to Langur monkeys, which wander the region

Day 6 :Trek to Deng (1,860m/6,102ft) 6-7hrs

After breakfast in the village of Jagat, you'll make your way through numerous landscapes and thick sub-tropical forests, along with small rivers and rural villages to get to your final destination.

We start off today's trek by climbing over a rocky ridge to Salleri and move down to Sirdibas. The trail descends to Sirdibas where the Mani walls (prayers engraved into wayside rocks) show that we are entering a region with increasing Tibetan influence

The valley broadens a bit as the trail continues to the Ghatta Khola river. You'll continue trekking upstream to a long suspension bridge in Philim, a local Gurung village. From here, the trail goes north just above the lowest house in the village and stays on a fairly level trail until Serson. Further Serson the trails enter a steep gorge and descends through grassy slopes, to cross the wooden bridge at the river's narrowest point; below you will see the convergence of the Shar Khola and Buri Gandaki rivers.

Highlights:

- Trek through various landscapes and dense sub-tropical forests, as well as small rivers and rural villages
- Walking upstream to a long suspension bridge in Philim, a large Gurung village.,
- The trail split to Tsum valley trek.
- Grand views of Shringi Himal as you walk along the side of a cliff.

Day 7: Trek to Namrung (2,540m/8,333ft) 7-8hrs trek

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After breakfast, we take a short walk from Deng and the trail traverse back over the Budhi Gandaki and climb Rana at 1910m. After a short climb from the bridge before heading west on level ground and we pass the large waterfall.

Once we cross the wooden bridge, the trail curve up and out of the canyon and ascends over the river before dropping into the Shringi Khola Valley. After crossing the suspension bridge over the Shringi Khola, there is a sharp climb, and the trail passes along the Buri Gandaki.

The trail passes through forests and painted Mani stones and a corner from where we reach Ghap. You pass more Mani walls on the southern part of the river.

The trail climbs along the river, passes a waterfall and continues all the way through dense rhododendron forests with a wooden bridge in the middle which crosses the Buri Gandaki.

The trail continues along the north side to a big cave and then crosses the river at a narrow gorge where you can see grey Langur monkeys.

The forest becomes less dense, and the trail is leveled once we cross the river at a gorge. After an enjoyable walk, we then continue a final steep climb that will take you to our destination to Namrung through a stone archway where we stay overnight. Namrung is the greatest viewpoint for Siring and Ganesh Himal as well as Mt. Himal Chuli.

Highlights:

- The trail follows the river upstream through a dense forest and leads to a narrow gorge.
- passing through lush forests, alpine vegetation, and quaint villages housing ethnic groups of the Manaslu region, with major peaks starting to appear in the distance as large waterfalls; pass through forests and mani walls, big caves
- Encounter with grey Langur monkeys
- Splendid vistas of Sherang Himal and Ganesh Himal as well as Mt. Himal Chuli
- Beautiful forests of pine, oak, and rhododendron along the route is truly heart capturing. If you are trekking during spring, the entire forest is painted with vibrant rhododendron flowers.
- Tibetan Mani walls made with hand-carved stone with Buddhist sculptures can be seen on the way to Namrung.

Day 8: Namrung to Lho (3,020m/9,908ft) 4hrs trek

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We start our trek after having breakfast at the lodge, through the trail, we climb alongside a Mani wall, chortens, prayer flags, and monasteries and pass the village of Barchhan then Lihi. Through the way, we will enjoy mountain views of Ganesh Himal, Rupinala pass, Mt. Manaslu, Gorkha Himal, Dwijen Himal, Saula Himal, and Lajing peak. After we walk along the trail we arrive at Sho and then followed by another hour. We have to walk on a small deep narrow gorge to enter Lho. It is an important village with a monastery and a Lama school along with the majestic view of Manaslu and Kutang Himal. We will stay the night here in a lodge. Once you arrive at Lho you can visit Ribang Gompa, stupas, Mani walls, and Kani doorway.

Highlights:

- Mountain views of Ganesh Himal, Sringi, Rupinala pass, Mt. Manaslu, Gorkha Himal, Dwijen Himal, Saula Himal, and Lajing peak.
- Lama School, monastery, Ribang Gompa, stupas,
- Mani walls and Kani doorway.
- Typical villages and stonewalled houses
- Passing through forests, villages and barley terraces, the first stunning glimpses of Manaslu gets visible which accentuates at Lho village
- The village of Namrung marks the start of the region of authentic and pure Tibetan settlement
- Enjoy the stunning sunrise and sunset view from the lodge or a gompa.

Day 9: Trek to Samagaon [3530m/11,578 ft]: 6-7 hours

After breakfast, we leave Lho behind and trek to Samagaon. The trail traverses the ridge onto the Buri Gandaki Valley side and followed by descending to a rock scattered moraine.

We further pass through extensive meadow and fields near Sama gompa after crossing some rocky trails. You will get the opportunity to explore a small part of Tibet with numerous Gompas and an authentic Tibetan village.

The village is settled perfectly against a wooded moraine at the end of the valley. We will rest overnight here in the village.

Highlights

- Pass through beautiful gompas, Tibetan settlement, and alpine scenery.

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- Entrance gates to villages are common here, and you can witness Chinese brandy on sale or witness village women weaving wool into gowns

Day 10: Acclimatization day at Samagaun

Today is an acclimatization day, so sleep in and relax. Enjoy a decent breakfast and then spend the day at Samagaun. We will take a break to rest and acclimatize to the increasing altitudes. We stay in Samagaun and explore the surrounding areas and traditional Sherpa community from where we will be able to see beautiful views of Manaslu. You can enjoy the view of thousands of mani stones with Buddhist scripts, along with photos of local Sherpa women dressed in traditional clothes and ornaments. You have opted to hike up to a little hill near the Sama village, you'll find an old gompa—Pungyen Gompa—a monastery with great views of the glacier. Or you can choose to hike to Birendra Taal. Birendra Taal (lake) at 3,450m is a gorgeous, glacial lake.

For the people who don't want to hike can rest and explore the village. We will come back to the village and spend overnight at Samagaun.

Highlights

- Enjoy the magnificent views of the Manaslu mountain range.
- Hike up to Phung Gyen Monster where you can see the superb vistas of a glacier.
- Visit Sama village and primary school.
- Birendra Lake
- If you are trekking during mid of April then you can observe the Horse riding festival
- Enjoy the sight of thousands of mani stones with Buddhist scripts, as well as photos of Sherpa women clad in traditional clothes and ornaments.
- Opt to hike to Birendra Lake, a spectacular sight as the slug-green water holds millions of rare species of plants.

Day 11: Trek to Samdo [3860m/12,660 ft]: 4 – 5 hours

After breakfast in Samagaun, you'll descend to the Budhi Gandaki River and follow it to a bridge over a side stream. You'll pass numerous mani walls as the valley begins to broaden. The mountain backdrops along these trails are incredible and get you close to the Tibetan border.

The valley widens along an easy trail on a ridge above the river passing the juniper and birch forests to the stone huts at Kermo Kharka. Further, we take a descend trail and traverse the Budhi

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Gandaki on a wooden bridge, and then ascend steeply onto a cliff between two confluences of the river. You'll come to a stone archway and continue trekking all the way to Samdo.

Highlights:

- You can see incredible backdrops of Manaslu, Naika Samdo, Nagdi chuli, Simnang, and several other awesome peaks.
- Samdo is well-known for traditional yak herding and it portrays the traditional Tibetan lifestyle - rearing sheep and goats, training horses and planting barley.

Day 12: Rest and acclimatization day at Samdo (3,860m/12,660 ft)

This is another day to take a break for proper acclimatization. You can either take a rest or walk towards Gya La ('large pass') the north of Samdo, which is the frequently used trading route to Tibet.

However, it takes an entire day to walk to Gyala and hence could be a bit exhausting. We overnight at Samdo.

Highlights:

- You can see incredible backdrops of Manaslu, Naika Samdo, Nagdi chuli, Simnang, and several other awesome peaks.

Day 13: Samdo to Larkya Phedi (4,460m/14,632ft) 3-4hrs trek

After having breakfast we rejoin rocky and zigzags trail leading to Larkya La. We begin by climbing up the pass and walk downhill through fields, huge Mani walls and Kaan (gateway) before descending to the river and traversing on a wooden bridge at 3850m. This place shows up on maps as the legendary Larka Bazaar, which used to be a prosperous market. On the way, you can see Nikey peak as well. A Mani wall marks the beginning of the climb to the pass where the trail starts climbing through tundra and juniper; you can see the huge Larkya Glacier coming from Manaslu. Continue on the ridge to the right to find a trail that traverses over the top of two gorges. As you climb up the side of a gorge to a viewpoint at the edge of a huge gorge at 4000m the trail grows steeper. The trail further climbs in and out of the gorge from where we reach Larkya Phedi.

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Highlights:

- Likely to encounter with Marmots and Blue Sheep.
- Enjoy the view of Larke Glacier coming from Manasulu
- Walking through the serene forest of Juniper and Tundra trees
- Walk through the thrilling huge narrow gorge
- Trek along the ever-shrinking Budhi Gandaki river with soaring mountains

Day 14: Larkya Phedi to Bimtang (3,590m/11,778ft) via [Larkya La (5,135m/16,847ft)] 8-9hrs trek

On this day we make a long gentle ascend across the moraine, and climb down to a lake and then trails become rough as it traverses to the south of steep lush slopes. You can enjoy the view of Cheo Himal and many other snowcapped mountains and peaks.

The trail heads towards the moraine to a ridge marked by two cairns, from here the prayer flags marking the pass are able to be seen. We then descend to the four frozen lakes then take a final steep climb to the pass. When you go down from the pass the trail continues the top of the moraine to the west and passes through many sharp ascents and descents. As we cross the moraine then descends more lightly on wobbly gravel to another grassy moraine at 4,450m.

The trail now becomes easier to continue and reaches a small pasture at 4,080m. As the trails head down to a large meadow, the valley becomes broader where we pass the Mani wall and a small rest house that marks Bimthang at 3,590m. We stay overnight at Bimthang, a huge valley surrounded by high peak

Highlights:

- Relish the magnificent views of Cheo Himal and several snow-capped mountains from the Larkya pass
- Summit to the Larkya La, the highest point of this trek

Day 15: Bimtang to Dharapani (1,860m/6,102ft) 7-8hrs trek

Today is also a long trek day so we have to start trekking early morning. We descend to a glacial stream of the Dudh Khola and traverse a bridge and drop into blanketed pine and rhododendron forests. We trek to Hampuk at 3430 meters from where the path descends to Karche following the course of the Dudh Khola and crossing the stream flowing down from the Kichke Himal.

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Trekking further to the village of Gho, from here we trek along the bank of the river and gradually descend to the Gurung village of Tilije. After trekking through Tilije we cross to the eastern side of the Dudh Khola and follow along its embankment walking down through the forest. Dharapani will appear after the walls of Marsyangdi Valley emerge larger. We then pass Thonje through a wooden bridge and a chorten shaped arch. We reach Dharapani by traversing a long suspension bridge over Marsyangdi River. Overnight at Dharapani.

Highlights

- Explore the traditional village of Dudh Khola.
- Dharapani road head town also Annapurna circuit trail.
- Cross long suspension bridge to reach Dharapani
- Tilije, a larger village on this section of the trail, has the varied coexistence of Ghale Gurung, Manangis and Chhetri community. This has also created a blend of cultural and architectural elements.

Day 16: Dharapani to Jagat (1,440m/4,724ft) 6hrs trek

Today is the last day of our trek, we rejoin the trail as it now follows popular Annapurna Circuit route backward as we will trek on the descended path along Marshyangdi River. We pass through the steepest part of the Marshyangdi gorge from where we trek down all the way to Jagat.

Highlights:

- Dharapani road head town also Annapurna circuit trail.
- Walk along the raging Marsynagdi River

Day 17: Jagat to Kathmandu via [Besisahar]

From Jagat, we take a vehicle to Beisahar which takes 4-5 hours. We pass all the way through the banks of Marsyangdi and Trishuli River, enjoying the scenery and refreshing views of the hilly areas and mountains on the way back to Kathmandu. Once we reach Kathmandu, you then will be transferred to your hotel for overnight.

We pass all the way through the banks of Marsyangdi and Trishuli River, enjoying the scenery and refreshing views of the hilly areas and mountains on the way back to Kathmandu.

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Nepal Sanctuary Treks (Pvt.) Ltd.

Highlights:

- The scenic drive allows you to view the greenery, mountains, rural villages, rivers and gorges, terrace farming and the rural lifestyle.

Day 18: Final Departure

It is time to fly back 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 to your scheduled flight.

Cost includes

- Airport transfer
- Three nights hotel*** in Kathmandu with breakfast
- Tea house lodge accommodation during trekking on full board
- Private transfers to/from trek point
- Conservation fees, Trek permit, restricted area permit
- Trek guide and porter
- Staff insurance and allowances.
- Duffle bag

Cost excludes

- Additional tours and meals that are not mentioned,
- Beverages
- Personal equipment
- Visa fee: US\$ 30 for 15 days and US\$ 50 for 30 days and US\$125 for 90 days multiple entry
- Insurance (for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects), Liability insurance
- Kathmandu Sightseeing tour
- Tips

Packing List

Clothing

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Footwear

- Hiking boots: Good ankle support.
- Hiking shoe or sneaker
- Sandals: Slip on sandals or flip-flops
- Woolen socks, Light socks

Outwear

- Down jacket, Fleece jacket

Clothing

- Hats
- Insulated Gloves
- Hiking pants, cargo pants
- Gaiters (for winter departures)
- Thermal Underwear / layers
- Light to mid-weight synthetic top
- Mid-Weight synthetic bottoms
- Extra synthetic top lightweight
- Bandana or scarf.
- Waterproof rain over pants
- Rain jacket / Poncho
- Waterproof backpack rain cover

Gears

- Day backpack: 25-35 L backpack (depending on one's preferences).
- Sack to organize and store your dirty laundry.
- Trekking Poles
- Sleeping bags: -10° C /14° F for a teahouse
- Trekking Towels

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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).

Personal Equipment

Two water bottles (Nalgene wide mouth bottles are the best).
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).

Hand sanitizer (optional).

Personal wipes, Biodegradable soap

Passport size photograph if you plan on obtaining your visa on arrival

Passport and airline tickets

Supply of personal toiletries, including insect repellent, sun screen, tissue paper, Chap Stick, and travel sized containers

Books on tape and a Walkman (optional, useful when light is dim)

Pocket knife (optional, useful for peeling fruit. Do not pack in carry-on bags.)

Short Wave Radio (optional)

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Favorite Herbal Tea or decaf coffee (optional)
Eagle Creek or large Zip Lock bags for packing loose items (optional)
Any prescription medications you require (in their original containers),

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

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

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.

Fitness and Training

If you are planning to trek in Nepal then, you need to build a strong base of fitness three months prior to your trek. You will need determination to your personalized training timetable to complete your trek without any problems,

Trekking in the mountain encompasses both low and high elevation trekking. As we ascend to higher altitudes, the air becomes thinner. To regulate with the decreasing level of oxygen, you must to have a good physical state.

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A moderate level of strength and endurance training needed to walk down a steep slope with a weighty rucksack or day pack for a long period. In addition, one must be in a good shape before the trek and these training will certainly help you.

We recommend you to undertake variety of exercises to prepare for your trek and in specific activities that you relish to help you stay motivated. It is also important to take on some outdoor trek training, rather than just walking on flat terrain.

You need to train your body to walk on varying, undulating landscape, often with a pack weighted from 8-15kg. This kind of training will let you to be better prepared for your walk, and make the experience less strenuous and more enjoyable.

Trek Specific Training

Trekking specific training will help you adapt to the environment in the Himalayas. As you have to trek through high hills and uneven mountain terrains

Hiking steep hills will benefit you in building your leg strength. Likewise, it will help in learning how to walk in rough paths while keeping your body in balance. You can also try to climb 600 to 1000 meters carrying around 8 to 10 kilos in your backpack. For high altitude trekking breathing exercise can also be very helpful. For this, you can do Yoga which is an excellent approach to prepare yourself for the trek.

Specific Training Types

Before your trek, make commitment to prepare yourself for trekking by setting workout schedule. You should start training several months prior to your trek to accomplish optimum fitness. You can visit gym and initiate various fitness activities .Aerobic fitness is a key factor of a comfortable trekking experience; if your body is used to physical effort, you will be less likely to suffer from exhaustion or injury. In order to be physically fit, one need to work on three main areas which are:

- Endurance and Aerobic Exercises
- Strength
- Balance and Flexibility.

1. Endurance and Aerobic Exercise:

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Trekking in the Himalayas engross lengthy days of sustained movement. Try a longer exercise to prepare your body for longer distances in every once or twice per week. Aerobic and endurance activities, are physical activities in which people move their large muscles in a recurring way for a sustained period. Endurance training can be done through:

- Walking briskly
- Running / jogging
- Dancing
- Swimming
- Biking
- Climbing stairs at work
- Playing sports such as tennis, basketball, soccer or racquetball

Furthermore, try to walk regularly at the weekends. Depending on your trip grade, you can walk on uneven terrain in the countryside or mountains including some hills and rocky territory.

2. **Strength Training:** In addition to your aerobic conditioning, use strength training exercises to tone your muscles, legs, back, shoulders, arms, and abdominal muscle. Using free weights or machines at the gym will build up your strength. Squats are great for exercising your core and especially your legs as you will need all of the leg strength you can get to makes it through. Likewise, prepare your body accordingly as trekking in the mountain involves many steep incline and decline. Put hiking on the hills as your daily workout at least once or twice per week.

In order to obtain inclusive strength for the trek it is essential to work out on different parts of the body.

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Lower body Strength	This workout helps in strengthening bone, improves your balance, stamina and reduce injuries to knees and hips, beside with risk of falling. So, it enables to walk easier on the steps, arduous trails and rocky areas.
Core Strength	Core strength training aid to tone your main muscles, including abs, back and pelvis. It keep your body in upright and sturdy position as you get exhausted after an extended day making that final push easier.
Upper Body Strength	This workout enables you to use your poles, holding your pack and the overall continuous moving of being out in nature day after day.

Strength Training can be performed in varied ways:

- **Boot Camps training** traditionally includes all the classic exercises like squat, lunges, planks, pushups, pull-ups, crunches, burpees intended to build endurance and strength. Squats are great for exercising your core and especially your legs as you will need all of the leg strength you can get to makes it through.
- **Weight training** can be done with free weights, such as barbells and dumbbells, or by using weight machines. This training use weights for resistance that provide strength to the muscles and build up the stamina.
- **Exercises videos or individual workouts** is like boot camps, however it can be done without groups.

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3. Balance and Flexibility

Being flexible and enhanced sense of balance is equally important along with building endurance and strength to make pleasant trek.

To improve the flexibility of the body, muscle toning, body control, with the main emphasis being core strength then you should join yoga and Pilates classes that are available at gyms and fitness clubs.

Besides workout we need to take consideration on following points:

1. Mental preparation and listen to your body:

Trekking involves a lot of physical exertion, Pay close attention to various parts of the body and deliberately let them loosen up. When you trek try to relax your body. One of the bad things that can occur throughout your trek is altitude sickness. That's why one needs to listen to body. You will get used to with the environment when you perform lots of the multi-day treks.

2. Medical advice:

Preexisting health conditions can create trekking at high altitude even more complicated for you. We do recommend you to consult your doctor or health advisor beforehand and talk about your trekking plans to take medical advice.

3. Stay re-hydrate and REST:

Rest days are crucial. Allow your body to recover along with hard training. That includes a couple days of rest every week during training, and before the trek. In addition, Focus on staying well

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hydrated during your training. If you're familiar to trekking, bring snacks and small doses of sugar can be helpful to give you bursts of energy.

4. Sound Sleep:

Try to get at least eight hours of sleep at night during your training. People often have difficulty in sleeping at higher elevation and less sleep will make your trip much more challenging.

5. Nutrition

When you are on training, your body requires to fuel with adequate nutrients. A healthy balanced diet provides your body all the nutrients with proper quantities and proportions of foods needed to maintain health or growth. Everybody's metabolism functions differently so you need to consider what sort of food work best when exercising and how often you need to consume.

1. Carbohydrates:

Carbohydrates are vital fuel source during exercise and also play important role promoting recovery after exercise. It is very essential that you are eating adequately as you are exercising and if you are walking for longer days on the hill ensure you consume sufficient amount of water and snacks like cereal bars, nuts.

2. Proteins

While you are in an exercise session, the **protein is essential as they help** to provide the building blocks (called amino acids) to repair muscle tissue, build muscle mass and recover from exercise. Foods high in protein comprise eggs nuts, Greek yogurt, cottage cheese, chocolate milk, whey protein powder, meat fish and pulses

3. Fruits and Vegetables:

Vegetables and fruits contains certain nutrients such as vitamin A, vitamin C, vitamin E and minerals such as magnesium and potassium that helps to maintain health and boosting exercise performance and recover from exercise training. A varied range of cooked and uncooked fruit and vegetables can choose and include in your daily diet with the suggested amount being a minimum of 5 day Besides, sufficient fluids, electrolytes should consume to promote recovery.

Altitude Training

Altitude sickness is a condition caused by being at high elevation, where oxygen levels are low, without gradually getting used to the increase in altitude.

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It is also considered as acute mountain sickness (AMS), altitude illness, hypobaropathy, Acosta disease, puna, and soroche occurred by going up in the higher altitude about 8,000 feet or 2,400 meters above sea level. Dizziness, headaches, and shortness of breath are a few signs of this condition.

Most of the trekking section of Great Himalayan Trail of Nepal goes above 2400 meters above sea level. Therefore, altitude training is very essential. If you ascend to the least height of 3,000 meters 30 days before the trek, then there is less chance of getting altitude sickness.

Before going for a high altitude trek, altitude training will help you to pre-acclimatize to high altitudes. Here are a few altitude training techniques which you can include in your weekly training program.

Stay Hydrated

During the trekking period, you need to drink sufficient amount of water. A proper hydration will lessen headaches, helps blood flow and has numerous other health benefits.

Get sufficient sleep

During the trekking, you need to get enough sleep. Sleep determine how your mind and body will respond to the stress of elevation. Furthermore, you need to practice sleeping outside on cold nights if possible.

Go slowly

High altitude trekking is one of the most challenging outdoor activities and requires a lot of endurance. So, there is no need to hurry, you can move at your own pace to reach greater altitudes.

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.

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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.

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

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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.

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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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.

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.

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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:

Agent Name: Nepal Sanctuary Treks Pvt Ltd

Payment Method: Payment to be sent by swift transfer. 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

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

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deviation on account of factors beyond control. In addition, we do not bear a responsibility to cover public liability insurance as per Nepal Act.

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:

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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

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.

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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

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.

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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.

Telephone networks is pretty poor in this region. Besides the telephone network, the power in Manaslu Circuit is supplied through solar panels or local hydropower projects. Some places do not have access to power. The charging is easily facilitated in places supported by the hydropower projects. However you will certainly face difficulties in charging phones where solar power is used.

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Depending on type electronic device you will have to pay the certain amount. **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 some variety of food and basic Nepali 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.

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.

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.

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.

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

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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.

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)

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- Meningitis Meningococcal A/C vaccine
- Rabies

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.

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

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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.

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.

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.

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

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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.

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

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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.

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.

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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.

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- 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.

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.

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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

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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.

- **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:**

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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**

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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

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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 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

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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

Nepalese Embassies and Consulates

Nepalese Embassy
2131 Leroy Place N. W.
Washington D.C.20008
USA
Tel : (202) 667-4550
(202) 667-4551 Fax: 001 (202) 667-5534

Permanent Mission of Nepal to the United Nations
1 Second Avenue, Suite 202
New York NY10017
Tel: (212) 370-4188, 370-4189 Fax: (212) 953-2038
USA

Nepalese Embassy
12A Kensington Palace Gardens
London W8 4QU
England
Tel: (171) 229-1594/229-6231 Fax: (171) 7928861

Nepalese Embassy
14-9, Todoroki, 7-chome

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Nepalese Embassy

IM Hag 15

D-5300 Bonn 2

Germany

Tel: (0228) 343-097/99 Fax: (0228) 856747

Nepalese Embassy

45 bis rue des Acacias

75017 Paris

France

Tel: 46224867 Fax: 42270865

Nepalese Embassy

1, Rue Frederic-Amiel, 2 Geneva, Switzerland. Tel.: (022) 344 4441 Fax: (022) 3444 093

Honorary Royal Nepalese Consul Generals

Christine Gee, Honorary Consul,

48 Mitchell St, McMahons Point, Sydney,

NSW 2060 Australia.

Tel.: 02 956 8815 Fax: 02 956 8767

Mr. W. A. Johns

Suite 23, 18-20 Bank Place

Melbourne, Victoria 3000

Australia

Tel: (03) 602-1271

Mrs. Lilian Roberts

4th Floor, Airways House

195 Adelaide Terrace

Perth, W. A. 6004

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Tel: (09) 221-1207

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