# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trip overview</td>
<td>3</td>
</tr>
<tr>
<td>Trip Highlights</td>
<td>3</td>
</tr>
<tr>
<td>Trip Facts</td>
<td>4</td>
</tr>
<tr>
<td>Why Nepal Sanctuary Treks?</td>
<td>4</td>
</tr>
<tr>
<td>Detailed Itinerary</td>
<td>5</td>
</tr>
<tr>
<td>Inclusions</td>
<td>15</td>
</tr>
<tr>
<td>Exclusion</td>
<td>15</td>
</tr>
<tr>
<td>Terms and Conditions</td>
<td>15</td>
</tr>
<tr>
<td>Visas and Entry Requirements</td>
<td>19</td>
</tr>
<tr>
<td>Customs</td>
<td>21</td>
</tr>
<tr>
<td>Temperature</td>
<td>22</td>
</tr>
<tr>
<td>Accommodations</td>
<td>23</td>
</tr>
<tr>
<td>City Hotels</td>
<td>23</td>
</tr>
<tr>
<td>Tea house Lodge</td>
<td>23</td>
</tr>
<tr>
<td>Meals</td>
<td>24</td>
</tr>
<tr>
<td>1. Meals at Teahouse</td>
<td>24</td>
</tr>
<tr>
<td>2. Meals at Hotels</td>
<td>25</td>
</tr>
<tr>
<td>3. Cater meals</td>
<td>25</td>
</tr>
<tr>
<td>4. Meals Package</td>
<td>25</td>
</tr>
<tr>
<td>Drinking Water</td>
<td>25</td>
</tr>
<tr>
<td>Health</td>
<td>26</td>
</tr>
<tr>
<td>Safety and Security</td>
<td>26</td>
</tr>
<tr>
<td>Vaccination</td>
<td>27</td>
</tr>
<tr>
<td>Travel Insurance</td>
<td>27</td>
</tr>
<tr>
<td>Local Flights</td>
<td>28</td>
</tr>
<tr>
<td>Laundry</td>
<td>28</td>
</tr>
<tr>
<td>Money Exchange</td>
<td>28</td>
</tr>
<tr>
<td>Bank Hours</td>
<td>28</td>
</tr>
<tr>
<td>Language</td>
<td>28</td>
</tr>
<tr>
<td>Communication</td>
<td>28</td>
</tr>
</tbody>
</table>

Got questions? Write to an expert
info@nepalsanctuarytreks.com
Tel: +977 1 4426721, 4431610, 4434542
Website: https://www.nepalsanctuarytreks.com/
Time Zone.................................................................................................................................................. 29
Tipping information...................................................................................................................................... 29
Optional activities........................................................................................................................................ 29
Additional Costs......................................................................................................................................... 29
Hotel Transfer on Arrival.......................................................................................................................... 30
Stay alert from scam porter at airport ....................................................................................................... 30
International and Domestic Departure ...................................................................................................... 30
Feedback Form............................................................................................................................................ 30
Blog............................................................................................................................................................. 31
Cultural and Environmental Considerations .............................................................................................. 31
Environment ............................................................................................................................................... 31
   Economy .................................................................................................................................................. 32
   Cultural Code of Conduct ....................................................................................................................... 32
   Social ...................................................................................................................................................... 33
Sustainable Practices when visiting National Park/ wildlife habitat .......................................................... 33
Transportation ............................................................................................................................................ 35
Clothing Etiquette ...................................................................................................................................... 35
Packing Checklist ...................................................................................................................................... 36
Clothing and Equipment Rental .................................................................................................................. 38
Purchasing branded trekking clothing ....................................................................................................... 39
Recommended Restaurants ...................................................................................................................... 39
Clinic ............................................................................................................................................................ 40
Recommended Reading List ....................................................................................................................... 40
Background Reading .................................................................................................................................. 40
Illustrated ..................................................................................................................................................... 41
Trip overview

**Manaslu Tsum valley trek** is one of the Nepal’s Himalayan charms to observe a dazzling collection of panoramas, peak and serene valleys. The trekkers who trek to the Manaslu and Tsum region will take pleasure in a marvelous array of geographical landscapes and cultural diversity.

Manaslu Tsum valley trek can explore wilderness and get opportunity to explore the local culture of the traditional villages of Samagaon and Samdo and observe the lifestyle of Tibetan people.

Tsum valley was only opened for trekkers few years ago and the trail traverses through pristine areas where you will witness the beauty of nature than any other places. This trek suits best to those who are looking for the challenging trekking in Nepal and it is also a part of the Great Himalayan trail.

*Manaslu Tsum valley trek* is a magical enchantment of the trekking which presents the awe-inspiring views of Manaslu and hidden Tsum valley. Along the way you can see varied range of the flora, and fauna, passing through incredibly sheer-sided gorges, the deep river of the Budhi Gandaki and Marsyangdi rivers which offers central access to the highlands beyond the major Himalayan chain.

**Trip Highlights**

- Scenic drive from Kathmandu to Soti Khola and Besisahar to Kathmandu
- Exploration of the Tibetan culture and lifestyle
- Encounter with animals like blue sheep and Himalayan thar
- Several Buddhist monasteries
- Prayer flags and Mani walls along the trail
- Breathtaking views of mountains like Ganesh Himal, Himal Chuli, Lamjung Himal, Manaslu and many more.
- Walk through beautiful shaded forests of pine, juniper and rhododendron trees.
- Cross over Larkya Pass 5,160 meters.
- Marvelous view of world 8th highest Mt. Manaslu (8,163m)
- Manaslu was first ascent on May 9, 1956 by Toshio Imanishi from Japan and Gyalzen Norbu of Nepal
- The region shelters endangered animals such as the snow leopard and red pandas. You are likely to encounter with blue sheep, Himalaya Thar, langur monkeys and yaks
- A hidden gem here is the Tsum Valley. Really worth a visit
- Walking through tropical green hills covered with pine, juniper and deciduous forests
- Local culture, tradition and way of living in Buddhist philosophy are the major highlights of this trek.

**Trip Facts**

- Maximum Altitude: 5,135m/16,847ft
- Best Season: March-May/September-December
- Trip Grade: Strenuous
- Total Duration: 24 Days
- Trip Style: Hotel, Teahouse
- Starting and Ending Point: Kathmandu to Kathmandu

**Why Nepal Sanctuary Treks?**

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

Detailed Itinerary

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

Day 2: Kathmandu valley sightseeing and Trek preparation
Kathmandu is the cultural heart of Nepal and has been a famous destination for tourists ever since Nepal opened its borders to visitors. Today after breakfast, we will explore Kathmandu valley, a guided tour will be conducted to major world heritage sites inside the valley. Out city tour expert will take you to Kathmandu Durbar Square, the traditional heart of Kathmandu and an architecturally extraordinary complex of ancient palaces, temples, courtyards and shrines. You are then taken to Swayambhunath (monkey temple) which is the glorious ancient religious architecture and center faith of Hinduism and Buddhism. Further, you will be visiting Buddhist shrine of Boudhanath which is one of the largest stupa in the world and the sacred Pashupatinath temple that lies on the bank of Bagmati River in Kathmandu. After the tour you will have ample of time to prepare for your trek and buy or rent all the required trekking equipment. Overnight at Hotel.

Trip Highlights:
• Visit UNESCO Heritage sites i.e. Durbar Square, Swayambhunath, Boudhanath, Pashupatinath

Day 3: Kathmandu to Soti khola (730m/2,395ft) 8hrs drive
It is a long ride day today so we will have to start early. We will have an early breakfast at our hotel and get on the vehicle that will drive us to our destination. Driving along the proper road we then drive through many villages and terraces to Soti. Stay overnight in teahouse.
Day 4: Soti Khola to Macha Khola (930m/3,051ft) 6-7hrs trek

After an early breakfast, we cross the suspension bridge and trek through the Sal forest. Then we ascend to the ridge of rapids on the Budhi Gandaki. From here we reach Khursane from where we trek through the rocky trail with ups and downs and eventually the trail will make its way to the Gurung village of Lapu Besi. Further, we pass a zigzag path to reach Macha Khola. Stay overnight in Macha Khola.

Highlights:
- Scenic backdrops of Ganesh Himal, Shringil Himal
- Crossing Buri Gandaki River
- Walk through shaded forest of Sal trees
- Gurung settlement
- Across Budhi Gandaki are the vistas of Annapurna Circuit between Bahundanda and Syange that looks breath taking
- Walking down rice terraces

Day 5: Macha Khola to Jagat (1,440m/4,724ft) 6-7hrs trek

After breakfast we walk through few ups and downs and finally cross the Tharo Khola. Eventually we will reach Khorlabesi. After a few more ascend and descend there is a small trail side hot spring, from where we reach to Tatopani. We pass through a natural hot spring at Tatopani and continue to trek through the valley as it gets narrower. We ascend over a ridge and then traverse the Budhi Gandaki River through a suspension bridge. Further we take ascent on a broad well-crafted staircase and across a landslide then over a ridge that takes us to Doban.

After we climb up to the Budi Gandaki River, we reach Yaru Khola that lead us further to a stone staircase and climb more stairs to Tharo Bharyang. Along the way, we pass through paved stones along with mani walls and finally reach the picturesque village of Jagat. We stay overnight in Jagat.

Highlights:
- Pass through picturesque typical village and hot spring.
- Towering mountains, deep river gorge and climb up stone stairways.
You are likely to see monkeys, donkeys and varied range of birds.
If you are lucky we might encounter with langur monkeys

Day 6: Jagat to Lokpa (2,240m/7,349ft) 6-7 hrs trek

Today we enter Tsum Valley, after having an early breakfast. Before heading to Lokpa we will check our permits of Manaslu and Tsum valley at checkpoint. Further, we climb ridge over Salleri and trek along the river bank traversing the Budi Gandaki through suspension bridge. We reach wide valley as we trek towards Philim. After that we walk flat trail passing Ekle batti where the trail separate between Tsum and Manaslu and further take ascend that takes you to Lokpa, the first village as we enter the Tsum valley.

Highlights:
- View of Manaslu range from Lokpa
- If you are lucky then you might encounter with musk deer

Day 7: Lokpa to Chumling (2,386m/7,828ft) 6-7 hrs trek

We start to trek after having our breakfast in the lodge. As we start the trail gradual descends to the banks of the Shiar Khola and then it goes through forests. The trail is a challenging one as it is an ascending path that stretches on almost the entire trail. We climb a steep ridge until we descend to a bridge over Shiar Khola. Once crossing the bridge we trek steeply to the village of Chumling. Chamling village offer us magnificent views of Ganesh Himal. Stay overnight in Chumling.

Highlights:
- You can see chorten, monasteries, mani wall in Chumling village
- Incredible view of the Boudha Himal (6,672m) and Ganesh Himal.
- Climb through the dense forests of rhododendron, juniper and pine trees
- Visit the monasteries of Chumling; the Panago Gompa, Mani Dhungyur and Gurwa Gompa.

Day 8: Chumling to Chhokang paro (3,031m/9,944ft) 5-6hrs trek

We start our trek early in the morning after breakfast. We take a gentle descend trail and traverse the river. From here we trek straight up for a few hours through shaded forest of pine and deciduous trees, followed by opening up to parched landscape of the high plateau with wide pasture land and trek further will takes you to the village of Chhokanparo which is situated on a flat land. Chhokanparo name comes from its two settlements, Chhokang and Paro. From this village we will witness amazing views of Ganesh Himal range.
Highlights:

- Walk through juniper, pine and deciduous forest
- Experience Tibetan Buddhist culture of the indigenous “Tsumbos
- If you are lucky you might encounter with musk deer, goral
- Spectacular views of Ganesh Himal from the south, Boudha Himal and Himalchuli peaks to the south west along the way
- Enjoy the views of Himalchuli and Ganesh Himal from Chhokanparo
- You can see beautiful chorten, maniwall and gompas
- Some households practice polyandry in Chhokanparo

Day 9: Chhokang Paro to Nile (3,360m/11,023ft) 4-5hrs trek

With an early breakfast we rejoin our trail. The trail is flatter as the valley opens up. Through the trail we will come across many gazing land, Mani walls, chortens and stupas. Nile is the last village heading north in the upper Tsum valley. The village is situated on the bank of the Shiar Khola and has numerous households.

Highlights:

- Pass through picturesque village, Mani walls, chorten and stupas.
- Tibetan settlement
- View of Ganesh Himal and other unmanned peaks
- You are likely to see herds of yaks along the way.
- Pass the Piren Phu cave (pigeon cave) splendidly painted Buddhist wall painting, scripts carved on stones, long prayer flags is one of the most holy caves in the Tsum valley.

Day 10: Nile to Mu Gompa (3,700m/12,139ft) 3 hrs trek

After breakfast we start to trek to Mu Gompa. The trail gradually ascends through alpine meadows along with Juniper and Larch trees. Soon we reach Mu Gompa, home to a very ancient and the largest monastery in the area. Once we arrive at Mu Gompa we have enough time to explore around. About 30 minutes hike from there will take us to Dhephu Doma Gompa where several Buddhist nuns live here doing meditation.

Highlights:

- Walk through alpine pasture
- Visit Mu Gompa and Dhephu Doma Gompa.
- Views of Annapurna, Ganesh Himal, Lamjung Himal
- Walk along forest of Juniper and Larch trees
• You can see yak grazing in the pasture land
• Tibetan settlement
• Close to the Tibetan border where we can see spectacular views of the Tibetan peaks

Day 11: Mu Gompa to Rachen (3,240m/10,629ft) 3 hrs trek

After breakfast, we leave Mu Gompa behind and descend to lower altitude. After several days of trekking in high Tibetan landscapes we finally trek back down along Shiar Khola crossing the valley to Rachen Gompa, red roofed Buddhist nunnery. It is a very old monastery established in 1936 where the most of the nuns join the monastery at the age of 7. Stay overnight in Rachen.

Highlights:

• Visit Rachen Gompa, the old monastery
• Views of Annapurna, Ganesh Himal, and Lamjung Himal and enjoy glimpses of the Punchen Himal that is unique in shape.

Day 12: Rachen to Dumje (2,405m/7,890ft) 6hrs trek

After having decent breakfast, we steeply trek downhill. As we trek further down the climate gets warmer, we trek passing Shiar Khola, Laudang and Ghaughung Khola until we finally cross a wooden bridge to our destination in Dumje.

Highlights:

• Pass through picturesque village
• Walk through pine and juniper trees
• If you are lucky you might encounter with musk deer and goral
• You can see cultivated field of barely and potato in Dumje.
• Observe dozens of yaks grazing in pastureland
• Observe rustic stone houses along the trail,
• Long hand-carved mani stones, stack mani walls and chorten

Day 13: Dumje to Lokpa (2,240m/7,349ft) 6hrs trek

We have an early breakfast and leave Dumje behind. Today we trek towards several ups and downs trails. We climb over some very deep gorges, pass some cantilever bridges. Then we descend on steep stairs to Ghumlong on the river. From here it’s a final gradual climb up through pristine temperature forest to Lokpa.
Highlights:
- Pass through picturesque village
- Walk through pine and juniper trees
- View of Manaslu range
- Pass through stone made houses, mani walls and chortens

Day 14: Lokpa to Ghap (2,160m/7,086ft) 7-8hrs trek

Today is another long trek day, we will start trekking early. The trail from Lokpa will descend down to the point until we meet another track that comes from Philim.

We trek further crossing the Buri Gandaki on a solid bridge and enter a loose track at a narrow gorge. The trail goes up and down till we cross to the east bank and soon back to west bank.

Further we traverse Nupri, Deng and a dense bamboo forest, as we continue trekking we also cross Rana and Bhi as well. We trek all the way down to Serang Khola and after crossing we trek a final climb to Ghap.

Highlights:
- View of Manaslu range
- If you are lucky you might encounter with troops of langur monkeys
- Walk through bamboo forest
- Cross many rivers
- Explore Tibetan village

Day 15: Ghap to Lho (3,020m/9,908ft) 4hrs trek

After having breakfast we start to trek to Lho. We will pass through villages like Namrung and Banjam, after crossing Banjam the trail steepens as we trek to Lihi.

Lihi offers fine views of Ganesh Himal and trekking further from here we reach Sho then soon to the next village Lho. From here we will be able to view Manaslu and Kutang Himal. We will reach Lho early and will have time to explore the area. We can hike to Ribang Gompa as well as explore the stupas, mani walls and Kani. Stay overnight in Lho.

Highlights:
- Climb through bamboo and rhododendron forest
- Tibetan migrant settlement
- Passing the Mani walls, Buddhist Gompas to the villages.
- You can see yaks along the way
Day 16: Lho to Samagaon (3,450m/11,318ft) 4hrs trek

We will have our breakfast along with an amazing morning view. After breakfast we rejoin the trail and descend across Damoan Khola. From here we ascend again to a plateau at Shyala and cross a ridge descending onto a rock.

Trekking further, we pass through extensive pastures and fields of Samagaon. There is lot of place of interest to explore around such as gompas, traditional Tibetan Village and Phung Gyen Monastery which is situated on a ridge above the village. The village nestled perfectly against a wooded moraine at the end of the valley.

If you trek during second week of April then you get opportunity to see horse riding festival with many food stalls. We will rest overnight in Samagaon.

Highlights

- Traditional Tibetan Village and Phung Gyen Monastery
- Wide glacier moraine valley.
- Sama village and primary school.
- Manaslu Peaks and glacier.
- Birendra Lake
- Horse riding festival during mid of April
- Views of Phungi, Manaslu and Himal Chuli from Shyala
- The villagers rely on yaks, potatoes and barley for their crops in this distinctly alpine region
- Further you can see the views of Ganesh Himal towards the east and the huge peaks of Himalchuli and Manaslu in the south
- Tibetan border nearby Samagaon

Day 17: Samagaon to Samdo (3,860m/12,664ft) 3hrs trek

After having breakfast we start to trek to Samdo. The trail descends to Budhi Gandaki and then to Manaslu Base Camp. We then trek through Larkya La trail passing several Mani walls. The valley broadens along an easy trail passing all the way through juniper and birch jungle to the stone huts at Kemo Kharka.

We trek gently uphill all the way to Samdo through arid path and windy valley. This village is an excellent view spot for Manaslu, Samdo, Naike, Nagdi chuli, Simnang and several other awesome peaks. We stay overnight in Samdo.
Highlights:

- You can see incredible backdrops of Manaslu, Naike Samdo, Nagdi chuli, Simnang and several other awesome peaks.
- Explore Samdo village and you can see yaks and blue sheep on the way.

Day 18: Acclimatization and rest day at Samdo

Today is an acclimatization day; an optional day hike to Gya La will be organized. Gya La is a trading pass with Tibet; we can explore the village or take rest. We will return to the village for overnight.

Highlights:

- You can see incredible backdrops of Manaslu, Naike Samdo, Nagdi chuli, Simnang and several other awesome peaks.
- Gya La trading pass
- Explore Samdo village and observe Tibetan lifestyle
- Magnificent mountains scenery
- You can encounter with blue sheep grazing nearby on the barren hill-sides.

Day 19: Samdo to Larkya Phedi (4,460m/14,632ft) 3-4hrs trek

After having breakfast we rejoin our trail, the trail is rocky and zigzags 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/12,631 ft.

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 and mani walls marks the beginning of climb to the pass where the trail starts climbing through tundra and juniper trees. You can see the huge Larkya Glacier coming from Manaslu.

Continue on the ridge to the right to find a trail that traverse 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 4,000 m/13,123 ft; the trail grows steeper. The trail further climbs in and out of the gorge from where we reach Larkya Phedi and rest for the night.

Highlights:

- Larke Bazaar, used to be flourished market in the past.
- Encounter with Marmots and Blue sheep.
- View of Larke Glacier coming from Manaslu.
• Mani walls and kaan stone arch (gateway)
• Walking through Juniper and Tundra forest
• Walk through narrow gorge

Day 20: 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 moraine and climb down to lake. The 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 head 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/14,599 ft. The trail now becomes easier to continue and reaches a small pasture at 4,080m.

As the trails heads down to a large meadow, the valley becomes broader where we pass Mani wall and a small rest house that marks Bimthang at 3,590m/11,778 ft. We stay overnight at Bimthang, a huge valley surrounded by high peak.

Highlights:
• Backdrops of Cheo Himal and several snowcapped mountains
• Larke Glacier moraine

Day 21: 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; traverse a bridge and drop into blanketed pine and rhododendron forests.

We trek to Hampuk at 3,430 meter from where the path descends to Karche following the course of the Dudh Kholra and crossing the stream flowing down from the Kichke Himal.

Trekking further to the village of Gho, from here we trek along the bank of the river and the 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 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 long suspension bridge over Marsyangdi River. We stay overnight in Dharapani.

**Highlights**

- Magnificent views of Manaslu Peaks
- Walk through Pine and rhododendron forest.
- Explore traditional village of Dudh Khola.
- Pass Gurung village, Tilche
- Cross long suspension bridge to reach Dharapani

**Day 22: Dharapani to Jagat (1,440m/4,724ft) 6hrs trek**

Today is the last day of our trek where we leave Dharapani behind after having decent breakfast. We rejoin the trail as it now follows popular Annapurna Circuit route backwards 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 and stay overnight here.

**Highlights:**

- Walk along Marsyangdi River

**Day 23: Jagat to Kathmandu via [Besisahar]**

Today we will drive to Besisahar where there will be a private vehicle that will then drive us to Kathmandu. Once we reach Kathmandu, you then will be transferred to hotel for overnight.

**Highlights:**

- Pass all the way through the banks of Marsyangdi and Trishuli River
- Enjoy the scenery and refreshing views of the hilly areas and mountains on the way back to Kathmandu.

**Day 24: Back Home**

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

- Airport transfers,
- Private transfer to/from trek point
- Hotel in Kathmandu with breakfast,
- Tea house lodge
- Meals on trek (Please refer to Meal package page)
- Trek Permits & Restricted Area permit,
- Staff insurance on the trek,
- Trek guide & porter/s
- Duffel bag

Exclusion

- Lunch and Dinner in Kathmandu 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$ 25 for 15 days and US$ 40 for 30 days multiple entry
- Insurance (for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects), Public liability insurance
- Tips
- Optional Kathmandu Sightseeing tour (Please refer to optional activities page)

Terms and Conditions

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

General booking conditions

To make a booking you can contact us in several ways: directly by email info@nepalsanctuarytreks.com,
Or via our website https://www.nepalsanctuarytreks.com/
The lead name is responsible for ensuring the accuracy of the personal details or any other information supplied in respect of yourself and any other person travelling on the booking.

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

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

**Cancellation and refund Policy**

In case you intend to cancel your trip for any reasons, you need to write it to us 30 days prior to your trip departure date. All cancellations must be advised in writing or by email. The cancellation takes effect from the day written confirmation is received. The following cancellations term apply.

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<tr>
<th>Period before scheduled departure date when notice of cancellation is received</th>
<th>Reimburse</th>
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<tr>
<td>30 days or more</td>
<td>90% of the trip package price</td>
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<td>15-30 days</td>
<td>70% of the trip package price</td>
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<td>4-14 days</td>
<td>50% of the trip package price</td>
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<tr>
<td>1-3 days</td>
<td>30% of the trip package price</td>
</tr>
<tr>
<td>Less than 24 hours or no show</td>
<td>0% of the trip package price</td>
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**Payment method**
Credit card Payment:

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

Bank Transfer Payment:

Agent Name: Nepal Sanctuary Treks Pvt Ltd

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

By Bank transfer into our account – please mail to:

Nepal Bank Limited, Head office
New Road, Kathmandu, Nepal.

A/C # US$: 00200100497844000001

Nepal Sanctuary Treks (P.) Ltd

Swift code: NEBLNPKA

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

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

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

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

Nepal Sanctuary Treks, while undertaking treks, tours, rafting, transportation, hotel accommodation and other services only act as an agent on the clear understanding that they shall not be, in any way responsible or liable for any accident, damage, loss, delay or inconvenience caused in connection with the travel facilities arranged by the Companies, its employees or agents all bookings are accepted and executed with utmost care, yet no responsibility is undertaken for any change or deviation on account of factors beyond control. In addition, we do not bear responsibility to cover public liability insurance as per Nepal Act.

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

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

Nepal Passport and Visas:
All clients must have I passport and Visa which is valid up to 6 months from the issued date. The cost for Visa is client’s responsibility. For more information please refer to https://www.nepalsanctuarytreks.com/nepal-visa-general-info/
Personal belongings:
Our trek leaders and supporting staffs is committed to deliver the best services and safety. However, we cannot hold the responsibility in case of loss of your personal belongings. So, we advise our client to keep their belonging safely.

Travel Insurance:
Travel insurance is compulsory for all our travelers and should be taken out at the time of booking. We recommend that you take out insurance as soon as your booking is confirmed. The insurance must comprise medical coverage, helicopter rescue and ambulance services. Before joining our trips you must provide your travel insurance policy number and the insurance company’s emergency contact number on the first day of your trip.

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

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

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

Visas and Entry Requirements
All nationals must hold a valid passport. Your passport must be valid for at least six months beyond your expected date of departure from Nepal.
An entry visa for all except Indian for Nepal is required. You need to arrange these prior to departure with the relevant embassy/consulate or you even get a visa on arrival. Make sure about the type of visa you will need (15 days, 30 days or 90 days) and make the payment accordingly. You need to make the payment in the bank and make sure you get the receipt.

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

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

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

- **House number:** 1246
- **Street Name:** Lamtangeen Marg, Chundevi-4,
- **Municipality/VDC:** Municipality, Kathmandu
- **Ward number:** 04
- **District:** Kathmandu

**a. Tourist Visa**

**Visa Facility Duration Fee**

- **Multiple entry 15 days** US$ 25 or equivalent convertible currency
- **Multiple entry 30 days** US$ 40 or equivalent convertible currency
- **Multiple entry 90 days** US$ 100 or equivalent convertible currency
b. Tourist Visa Extension

Visa extension fee for 15 days or less is US $ 30 or equivalent convertible currency and visa extension fee for more than 15 days is US$ 2 per day
Tourist visa can be extended for a maximum period of 150 days in a single visa year (January – December).

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.

Temperature

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

October & April

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

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

December-February

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

November & March

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

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

May through September

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

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**Accommodations**

**City Hotels**

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

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

**Tea house Lodge**

We accommodate the best and sustainable teahouse lodge during the trek. Wherever feasible, we select the eco-friendly and sustainable teahouses operated by locals. Generally, the teahouses are basic but adequate. Most rooms are shared and simple. Mattress, pillows, blankets and sheets are provided.
At the lower elevation, teahouses comprises hot shower, boasting flush toilets and clean rooms. Most bathrooms are shared and toilets can be either squat type of the western version. Cold water are free however you can use hot shower with additional charge.

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

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

The trekking routes Manaslu offer Wifi in some parts. However, connection speed and availability is spotty and unreliable due to remote areas. You can purchase Wi-Fi internet for approximately Rs.500/ per day. **Please be noted that internet connections and the coverage is generally low in this region.**

**Meals**

1. **Meals at Teahouse**

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

For breakfast you can choose porridge, cornflakes, Tibetan bread with honey, boiled eggs, omelet and tea for breakfast. While you can also select wide range of food for lunch and dinner such as Nepali Thali set, momo, pizza, noodle soup, fried noodles, fried rice (veg, meat), curry and pizza. Additionally, we recommend not to eat meat dishes during trek that might cause stomach upsets or illness. We advise to use hand sanitizer to prevent from germs while handling money.
If your accommodation and meals are included as part of a package trek, then everything will be taken care of at your teahouse. Any additional items that are not included in the set menu should be ordered and paid for separately.

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

2. Meals at 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.

3. 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.

4. Meals Package

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

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

2. Trek with bed and breakfast: This package include breakfast on trek and city hotels.

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

Drinking Water

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

Health

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

However you must be in sound health, as medical services are generally inaccessible in trekking regions. The maximum altitude of this trek is 5,135m/16,847ft and you need to be physically strong and fit which is very important aspect for the trip. The trek takes place towards higher elevation and remote area.

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

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

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

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

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

Safety and Security

- Please use your own good decision while choosing an activity in your leisure time. Though the cities visited on tour are generally safe during the day, there can be risks to roaming throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.
- Protests and demonstrations, even those that are well intended, have the possibility to turn fierce without warning. If you are in an area where there are rally of demonstrators or protesters, leave the area immediately.

- Water based activities have a component of hazard and excitement built into them. We suggest only participating in water based activities when accompanied by a guide(s). We make every effort to ensure the fun and adventurous element of any water based activities like rafting if you wish to have on add on package.

- For the safe keeping of your passport, air tickets, travelers’ cheques, cash and other valuable items we advise the use of a neck wallet or money belt while travelling, Safety deposit box is available in city hotels to store your valuable items but during trek you have to secure your belongings. So we recommend you to leave valuable ornaments at your home. A lock is suggested for securing your luggage.

**Vaccination**

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

**Travel Insurance**

Travel insurance is excluded in the trip price. It is mandatory that you take out comprehensive travel insurance prior to your trek. Travel Insurance reduce the significant financial risks of travelling and must cover personal liability, lost baggage, medical protection, emergency evacuation, canceled trip, accidents, missed flights etc. We suggest our guests to get insured to protect from possible hazards and enjoy the dream vacation to the fullest.
Local Flights
All local flights are included in the cost of your tour unless otherwise noted. It is essential that you have your passport information at the time of booking so as to process these tickets. Internal flight tickets are issued locally and will be provided to you prior to the flight departure. The flight allowance is 10 Kg/22lbs for luggage, and 5 Kg/11lbs for hand luggage. However, you can left the luggage in Kathmandu hotel for free of charge.

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

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

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

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

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

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

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

Tipping information
Tipping is a nice way of saying thank-you and appreciating to crew members (leader, guide, cooks, and porter) who will play a vital role in your trekking experience. We will suggest and encourage you to be generous about tipping they have done for you. The recommended amount for trekking guide is Rs.400/ day and for Porter Rs.200/ day by each client.

Optional activities
Kathmandu Sightseeing Full day tour: US$ 60 (based on min 2 pax)
Kathmandu Sightseeing Half Day Tour US$ 40 (based on min 2 pax)
(With transfer, English speaking guide and entrance fees)

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

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

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

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

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

Tulsi Gyawali, Managing Director
+977(0)9851023043

Prashant Rana, General Manager
+977(0)9841291201

Nepal Sanctuary Treks office
+977 14426721, 4431610, 4434542

Stay alert from scam porter at airport

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

International and Domestic Departure

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

Feedback Form

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

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

Cultural and Environmental Considerations

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

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

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

Environment

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

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.

Got questions? Write to an expert
info@nepalsanctuarytreks.com
Tel: +977 1 4426721, 4431610, 4434542
Website: https://www.nepalsanctuarytreks.com/
touch people on the head nor should you touch or point your feet at people because it denotes show of disrespect and insult.

- Walking around temples or stupas is traditionally done clockwise.
- When visiting a home, temple, monasteries take your shoes off and cover up your legs and upper arms. Smoking is prohibited inside sacred institutions. Avoid touching offerings or sacred objects.
- Ask for permission before taking photos of locals, religious festivals, cremation grounds and the inside of the temples. If possible avoid using flash. If you are wearing leather accessories you will not allow entering into the temple.
- While trekking both men and women should dress appropriately and modestly. Women should wear Baggy pants or calf-length skirts with loose tops. Whereas, Men should wear a shirt and long trouser when visiting homes and religious places. However, Men’s knee-length hiking shorts are fine for trekking.
- Public displays of affection and nudity are considered as scandalous. Men should wear shorts or underwear and women can drape in a sarong while bathing in a stream or at a village tap.
- Try to learn some basic Nepali phrase and language as much as possible.
- Never dispose rubbish in the cooking-fire area
- Show respect for local traditions and behave appropriately at religious sites.
- Do not give treats or money to children begging.

### Social
Participate in social activities such as volunteer in school, donation to give back to society

Do not engage or encourage anti-social activities like sex tourism, smuggling, drug trade, child exploitation etc.

### Sustainable Practices when visiting National Park/ wildlife habitat
Following are the list of general guidelines to consider while visiting National Park:

- **Proper Dressing and comfortable shoes:**
It is advisable to wear clothes which cover the arms and legs to prevent from insect and animal bites or allergy. Wear covered comfortable shoes along with socks.

- **Combine clothes with nature:**
  Do not wear bright, vibrant colors, bold prints as they might be upsetting the animals, or might get frightened

- **Stay in Right Company:**
  It is very essential to stay with group, guided by guide or naturalist.

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

- **Abstain Feeding Animals:**
  Avoid feeding, provoke, agitate and teasing animals since their behavior is unpredictable and might get attacked.

- **Refrain from Littering:**
  Do not litter trash and leave leftover food in the jungle instead take it with you and drop at designated area. To minimize the use of plastics carry reusable bottles for drinking.

- **Stay alert:**
  While doing jungle walk or any other activities related to jungle then one have to stay vigilant. One listen guide’s instruction and keep an eye for wildlife.

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

- **Keep quite:**
While taking tour in the jungle, please keep the conversation limited and speak in soft and low voice.

- **Refrain collecting/ touching flora and fauna remains and hunting:**
  Do not carry bird feathers, stones and flora while taking tour via jeep drive, jungle walk or elephant ride. Do not trample, touch the plants and shrubs. Do not involve in hunting.

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

- **Avoid using combustible matter:**
  Do not use any flammable substances during your jungle safari. For example: Cigarette

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

**Transportation**

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

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

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

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

**Clothing Etiquette**

**City**

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

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

On Tour

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

While Trekking

Suitable footwear is essential items for trekking.

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

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

Packing Checklist

Clothing

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).
- Duffle bag
- Small lock: Bring a small lock for your duffle bag.
- Sack to organize and store your dirty laundry.
- 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 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)
- Favorite Herbal Tea or decaf coffee (optional)
- Eagle Creak or large Zip Lock bags for packing loose items (optional)
- Any prescription medications you require (in their original containers),

**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.

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**Clothing and Equipment Rental**

Got questions? Write to an expert
info@nepalsanctuarytreks.com
Tel: +977 1 4426721, 4431610, 4434542
Website: https://www.nepalsanctuarytreks.com/
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.

<table>
<thead>
<tr>
<th>Outlet</th>
<th>Contact Number</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Diamond</td>
<td>01-4419680</td>
<td>Himalayan Java Building (Ground Floor), Tridevi Marg, Thamel</td>
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<tr>
<td>The North Face</td>
<td>01-4445101</td>
<td>Tridevi Marg, Thamel (New Plaza Building)</td>
</tr>
<tr>
<td>Columbia</td>
<td></td>
<td>Thamel Jyatha Chowk</td>
</tr>
<tr>
<td>Mountain Hardware</td>
<td>977-1-4259191</td>
<td>Tridevi Marg, Thamel</td>
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</table>

**Recommended Restaurants**

**Kathmandu**

<table>
<thead>
<tr>
<th>Type</th>
<th>Name</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Japanese</td>
<td>Koto</td>
<td>Durbarmarg</td>
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<tr>
<td>Thai</td>
<td>Baan Thai</td>
<td>Maharajgunj</td>
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<tr>
<td>Thai</td>
<td>Krua Thai</td>
<td>Gahana Pokhari Marg, Tangal</td>
</tr>
<tr>
<td>Continental</td>
<td>Grill Me</td>
<td>Arun Thapa Chowk, Sanepa Lalitpur</td>
</tr>
<tr>
<td>Pizza/pasta</td>
<td>Roadhouse</td>
<td>Thamel, Bhatbhateni, Jhamsikhel, Boudha</td>
</tr>
<tr>
<td>Pizza</td>
<td>Fire &amp; Ice</td>
<td>Thamel</td>
</tr>
</tbody>
</table>
Nepalese | Krishnapan | Dwarika’s hotel
---|---|---
Steak | K2 | Thamel
Asian western | Rum Noodles | Naxal
Indian | Ghar E Kabab | Annapurna Hotel

### Pokhara

<table>
<thead>
<tr>
<th>Type</th>
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</thead>
<tbody>
<tr>
<td>Italian</td>
<td>Café Concerto</td>
<td>Lakeside</td>
</tr>
<tr>
<td>Asian + Western</td>
<td>Moondance</td>
<td>Lakeside</td>
</tr>
</tbody>
</table>

### Clinic

<table>
<thead>
<tr>
<th>Clinic</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>CIWEC Clinic in Kathmandu</td>
<td>+977 14424111/4424242/4435232</td>
</tr>
<tr>
<td>CIWEC Clinic in Pokhara</td>
<td>+977 61 463082/467053</td>
</tr>
</tbody>
</table>

### Recommended Reading List

**GUIDE BOOKS:**
- Nepal, APA, APA Publishers
- Nepal, Nelles, Nelles
- Trekking in Nepal, Bezruchka
- Nepal, Lonely Planet, Lonely Planet

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

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

MAPS
Mandala
Nelles
A.P.A.

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