



Nepal Sanctuary Treks

MERA PEAK EXPEDITION

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## Trip overview

Mera Peak (6,461m/21,190 ft.) is the highest trekking peak in Nepal. The mountain is in the Mahalangur section, Barun sub-section of the Himalaya and located in Nepal's Sagarmatha Zone, Solukhumbu District.

It is an adventurous peak surrounded by snowcapped Himalayan range, and the scenic views including the world's 8000-meter peaks: Mount Everest, Lhotse, Cho Oyu, Makalu, and Kangchenjunga.

Mera Peaks has three summits: Mera North, 6,476 meters (21,247 ft.); Mera Central, 6,461 meters (21,198 ft.); and Mera South, 6,065 meters (19,898 ft.) as well as a smaller trekking summit which is visible from the south of Nepal.

Passing through the beautiful village and communities give the glimpse of the rich culture of the locals. The route from the north involves the high altitude glacier walking.

Mera peak is an opportunity to all the adventure seekers who are physically fit. The only qualification we need to ascend Mera peak is we need to be physically fit and have an extrovert sense of adventure.

And the west and south route is more difficult. Thus you must use the technical climbing.

The trekking to Mera Peak is technically straightforward ascents for experienced trekkers. That's why Mera Peak is a very popular destination for trekking.

## Trip Highlights

- Spectacular flight to Luka
- Experience unique culture and lifestyle of the Sherpa community.
- Outstanding Mountain views such as Mt. Everest, Lhotse, Cho Oyu, Kanchenjunga and Makalu as well as many other beautiful peaks.
- Beautiful vistas of Hinku valley and Zatra La Pas
- Summit to Mera Peak (6,461m/ 21,190ft)
- Incredible views of glacier and spectacular scenery High passes, nomad, plentiful wildlife such as blue sheep, pheasant, Tibetan snow cock, impressive wild flower and gompas.
- Picturesque Sherpa settlements
- Walk through shaded forest of varied types of rhododendron and pine trees
- Walk through pasture land where you can see yak, mountain goat grazing in the field

## Fast Facts

- Thrilling and scenic Himalayan flight to Tensing Hillary Airport at Lukla
- Explore Sherpa culture and lifestyle

- Spectacular view of Khumbu Region Mountains including Mt. Everest (8848m), Mt. Makalu (8463m), Mt. Cho Oyu (8153m), Mt. Lhotse (8501m) and Mt. Lhotse Shar (8393m).
- Rare wildlife habitat such as snow leopard, Himalayan bear, Himalayan goral, red panda, Himalayan Tahr
- Likely to encounter with blue sheep, yaks, Tibetan snow cocks , Lophophorous
- Mount Everest is the home of “black jumping spider”. It has been found at altitudes as high as 6700 meters above sea level.
- Major plants that are found including birch, juniper, blue pines, firs, bamboo, wild rose, rhododendron, and hemlock etc.
- Various types high elevation mushroom and herbal plants also found in Everest base camp trek route.
- The home of Sherpa people and the mysterious Yeti.
- Sherpa and Tibetan Buddhist culture is everywhere throughout the region
- Visit horseshoe-shaped Namche Bazaar

### **Trip Facts**

Maximum Altitude: 6,461m/21,197 ft.

Best Season: September-December & March to June

Total Duration: 21 days

Grade: Strenuous

Trip Style: Hotel, Teahouse, Camping

Starting and Ending Point: Kathmandu to Kathmandu

### **Service Level: High**

- Simple, sustainable and clean teahouse lodges with basic facilities
- Finest 3 Stars hotel in Kathmandu with modern amenities
- Private vehicle transfer
- Experienced and English Speaking Guide
- Porter during trek

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

#### **What is Included**

- Airport transfers,
- Internal flight: Kathmandu-Lukla-Kathmandu (Note: Each traveler is allowed a maximum of 20 kg including hand carry bag.)
- Hotel in Kathmandu with breakfast,( Please refer to City Hotel section pg. 09)
- Tea house lodge
- Meals on Trek, (Please refer to meal package section pg. 11)
- Full board meals during camping
- Climbing permit, Trek Permits & National Park Fee,
- Staff insurance on the trek
- Trek/climbing guide & porter/s
- Duffel bag
- Kathmandu Sightseeing Tour (Please refer to optional activities pg. 15)

#### **Cost excludes**

- Lunch and Dinner in Kathmandu and on trek (approx US\$ 20 per day)
- Beverages (bottled water, hot and cold drinks)
- 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

## 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> 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)

	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

## Accommodations

### City Hotels

We use the finest three star hotel in Kathmandu, Pokhara and Chitwan. The hotel offers furnished rooms with all the modern amenities and Wi-Fi. We give priority to those hotel that are environmentally concern and promote sustainability. However, depends on guest's budget and preferences we arrange two or five star hotels.

### 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. 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 with charge. Toilet paper is not provided so you should bring your own or purchase it locally.

## Camping

The camping trekking is based on the trekking where the night will be resting at the camps. Camps are set up at the various areas of the trekking route. Our team of leaders, guides, cooks, Sherpas and porters will accompany our clients and take care of all the technical and logistical part during camping treks. We will provide in large comfortable domed tents with thick foam mattresses on thinner insulation liners with stools, table for meals and tented toilet.

## Meals

### 1. Meals at Teahouse

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

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

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

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

## 2. Meals at Camping trek

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

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

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

## 3. Meals at Hotels

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

## 4. Cater meals

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

## 5. Meals Package

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

1. Trek Package: This package include breakfast on city hotels whereas full board meal is provided on trek.
2. Trek with bed and breakfast: This package include breakfast on trek and city hotels.
3. Camping trek: If the trek is the combination of camping and teahouse trek then meals on full board is provided during camping whereas depending on package the meals at teahouse is provided accordingly.

## Drinking Water

Since we are concern on environment, we strongly recommend all client to avoid the use of plastic mineral water bottles. Most hotels provide filtrated drinking water in each room. However, it is advised to carry purification tablets or Steripen to treat the tap and stream water as untreated water is not safe to drink anywhere in Nepal. During your stay at lodge

or if you run out of drinking water along the trail then you can get boiled water from teahouse lodge with minimum charge.

## Health

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

However you must be in sound health, as medical services are generally inaccessible in trekking regions. The maximum altitude of this trek is 6,461m/21,197 ft..And you need to be physically strong and fit which is very important aspect for the trip. The trek takes place towards higher elevation and remote area.

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

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

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

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.

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## 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 leave 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](http://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**

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. Never touch people on the head nor should you touch or point your feet at people because it denotes show of disrespect and insult.
- Walking around temples or stupas is traditionally done clockwise.
- When visiting a home, temple, monasteries take your shoes off and cover up your legs and upper arms. Smoking is prohibited inside sacred institutions. Avoid touching offerings or sacred objects.
- Ask for permission before taking photos of locals, religious festivals, cremation grounds and the inside of the temples. If possible avoid using flash. If you are wearing leather accessories you will not allow entering into the temple.
- While trekking both men and women should dress appropriately and modestly. Women should wear Baggy pants or calf-length skirts with loose tops. Whereas, Men should wear a shirt and long trouser when visiting homes and religious places. However, Men’s knee-length hiking shorts are fine for trekking.

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

### **Social**

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

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

### **Sustainable Practices when visiting National Park/ wildlife habitat**

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

- **Proper Dressing and comfortable shoes::**  
It is advisable to wear clothes which cover the arms and legs to prevent from insect and animal bites or allergy. Wear covered comfortable shoes along with socks.
- **Combine clothes with nature:**  
Do not wear bright, vibrant colors, bold prints as they might be upsetting the animals, or might get frightened
- **Stay in Right Company:**  
It is very essential to stay with group, guided by guide or naturalist.
- **Pack Light:**  
Do not carry the unnecessary items. Just pack the essential stuffs such as sunhats, sunglasses, sunscreen, raincoat, mosquito repellent, antiseptic creams, water bottle, Band-Aids, a small torch, first-aid kit, personal hygiene products

- **Abstain Feeding Animals:**

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

- **Refrain from Littering:**

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

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

- **Stay alert:**

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

- **Don't approach:**

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

- **Keep quite:**

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

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

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

- **Refrain Flash**

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

- **Avoid using combustible matter:**

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

- **Avoid loud music and cell phone**

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

### Transportation

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

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

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

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

### Clothing Etiquette

#### City

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

#### Visiting religious place

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

#### On Tour

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

#### While Trekking

Suitable footwear is essential items for trekking.

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

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

## **Packing Checklist**

### **Footwear**

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

### **Climbing Equipment**

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

### **Head Wear**

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

### **Hand Wear**

- \*Lightweight thermal/insulated ski gloves

### **Clothing**

- \*Long sleeved cotton/woolen shirts

\*Wool long underwear

\*Long cotton hiking shorts

\*Warm climbing trouser

\*Light weight fleece

\*Water proof climbing jacket

\*Down Jacket & down trouser

### **Personal Equipment**

\*Stuff sacks for keeping your gear dry and organized.

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

• Sunscreen and lip salve with a high SPF.

• Water purification tablets (Pristine, BioxAcqua or Acqa Mira).

• Favorite snack food.

• Books, iPod and cards etc.

• Trekking poles (optional).

• Camera with spare batteries and memory cards.

• Insurance certificate.

• Earplugs (optional).

• Baby wipes (optional).

• Hand sanitizer (optional).

\*Sun screen

\*Lip salve

### **Travelling:**

• Duffle bag or large backpack for your personal gear on the trek (carried by a porter). Bring a small combination padlock to secure the bag.

• Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.

• Toiletry bag include toilet paper, soap, towel, toothbrush, etc.

\*Down high altitude sleeping bag

\*Rucksack

\*Day bag

\*Kit bag

### **Personal first aid kit:**

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

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

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

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

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

## **Clothing and Equipment Rental**

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

### **Recommended Rental Shop**

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

## **Purchasing branded trekking clothing**

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

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

### Purchasing branded trekking clothing

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### Recommended Restaurants

#### Kathmandu

Type	Name	Location
Japanese	Koto	Durbarmarg
Thai	Baan Thai	Maharajgunj
Thai	Krua Thai	Gahana Pokhari Marg, Tangal
Continental	Grill Me	Arun Thapa Chowk, Sanepa Lalitpur
Pizza/pasta	Roadhouse	Thamel, Bhatbhateni, Jhamsikhel,Boudha
Pizza	Fire & Ice	Thamel
Nepalese	Krishnapan	Dwarika's hotel

Steak	K2	Thamel
Asian western	Rum Noodles	Thamel, Amrit Marga
Indian	Ghar E Kababa	Annapurna Hotel

### **Pokhara**

<b>Type</b>	<b>Name</b>	<b>Location</b>
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

### **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.