



**INCREDIBLE HIMALAYAN
SHERPA ADVENTURE P. LTD.**

SPECIALIZED IN ORGANIZING TREKS TOURS & EXPEDITION

Upper Mustang Trek

Duration: 17 days

Difficulty: Medium-hard

DoT No. 1888

NRB No. 1573/021

PAN No. 601340433

NMA. AM#1171, TAAN

Govt. Regd No. 115217

Travel time: Can be freely chosen

Group size: Private Trek

Quick Trip Facts

Altitude: 4325m

Best Season: Feb-Dec

Accommodation: Teahouse

Equipment: Basic trekking gear

Cultural Rating: Ancient and Medieval World

Overview

The Forbidden Kingdom of Mustang is one of Nepal's greatest national treasures. Surrounded by mountainous plateaus in the east and west, Upper Mustang is renowned for its contrasting natural beauty. An arid land with bare hills, imposing silver vistas of snow-capped mountains and rich seasonal colours. It is a luscious green during harvest months and crimson throughout Autumn.

Upper Mustang has two distinct regions. The northern area belongs to the surviving walled-in kingdom of the Lo introduced by Ame Pal in the 14th century. Languages, culture and traditions of the Lo are almost purely Tibetan. The southern part has five villages inhabited by Manangi descendants. It is home to Jong Gharpu, a 5-storey mountain cave which in ancient times was fitted out with 44 rooms, and to Muktinath (Chumig Gyatsa), a major settlement, holy place and pilgrimage for Buddhists and Hindus.

Until recently, Upper Mustang was isolated with very limited travelers able to enter this sacred region. Distinctive features of medieval Asia are present with mud-walled towns arranged in a circular pattern; village entrance gates flanked with local carvings of sinister figures warding off evil spirits; and monasteries covered in original frescoes.

Upper Mustang is a special zone and part of the Trans-Himalayan

Ecosystem: Trekkers must be issued a special permit through a registered trekking agency. We request experienced trekkers to enquire about extended permits for loops accessible from Lo Monthang. The permit fees for the first 10 days per person US \$500 and After 10 days per day per person USD50, Or equivalent convertible foreign currency.

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Amrit Marga St. Bhagwan Bahal-29, Thamel, Ktm, Nepal

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Festivals/Religious Events:

Winter: Loshar or Chhongo (Tibetan New Year- falls in Falgun, February/March), Gyangkorto (Crop Festival –early March);

Spring: Tiji (Effigy to ward off evil spirits and Lama dance - mid-May), Dhajyang (Archery Festival –falls in Baisakh, April/May), Tharpitharchyang (Celebration of Elders – May);

Summer: Yartung (Harvest celebration and Horse racing, falls in Bhadra, August/September);

Autumn: Bhadan Fair (Comedy and Cultural Satire – no fixed date), Degyap – (Jhong, Tharkot & Kagbeni Lamas worship for world peace, September)

Highlights:

- + Enjoy this restricted region beset within unique and shadowy yellow-grey mountains
- + Watch sunset and sunrise over the Annapurna and Dhaulagiri massifs in Jomson
- + Cross through old trade routes by the Kali Gandaki river
- + Spend three nights in the walled kingdom of Lo Manthang; an oasis of poplar and willow trees, tall white-washed mud brick homes, the Raja's Palace, gompas and a short distance from ancient caves

Suggested Itinerary

Day 01; Arrival in Kathmandu (1350m/4429 ft.)

A representative of IHSA will welcome you at the airport and transfer you to your hotel. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

Day 02: Kathmandu Tour

Your tour in Kathmandu of the most beautiful UNESCO World Heritage sites Swayambhu, Bhaktapur. Return to hotel and trek preparation.

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 03; Scenic drive to Pokhara (823m/2,700ft), 6hr drive

We drive to Pokhara. From Kathmandu we follow the Prithvi Highway that leads to Galchi and Mugling Bazaar. After a pleasant drive (6hr) we reach our destination Pokhara(823m).

[Included meals: Bed and Breakfast]

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Overnight at hotel

Day 04; Scenic flight to Jomsom (2720m/8923.885 ft.) + trek to Kagbeni (2810m/9219 ft.), 25min fly+3-4hr walk

We fly to Jomsom. We will enjoy the spectacular view of Fishtail Mountain, Mt. Dhaulagiri and Annapurna Ranges with its some popular peaks on both side from the plane. We will experience the distinct changes in the geographical appearance as the plane approach higher to the northern side. After 30min of flight, the chilling weather will welcome us to Jomsom airport. Here we meet with the rest of the trekking staffs and we follow the Kali Ghandaki valley to Kabbeni. We will enjoy the majestic view of Mt. Dhaulagiri, Mt. Nilgiri and Tukche peak while walking against the direction. 3-4hr of walk, the gate way to restricted area of Lo Manthang (Kagbeni) will reach.

[Included meals: Lunch & Dinner]

Overnight at teahouse

Day 05; Kagbeni to Chele (3100m/10171 ft.), 5-6hr walk

We start our trial from the east side of Kaligadaki river bank with the spectacular morning sunrise. Our journey passing the high ridges, we will observe some remarkable caves and Gompa Kang on the west side of the Kali Gandaki River. Soon we arrive picturesque at Tangbe village by passing the trio of black, white and red Chorten that represents the Upper Mustang. The village is the labyrinth of narrow alleys among whitewashed houses, field of buckwheat, barley, wheat and apple orchards. It manifests the conspicuous view of Mt Nilgiri on the southern part of skyline. The typical village of Chugsang is half an hour beyond Tangbe situated at the confluence of the Kaligandaki River and Narshing khola. Up the Narshing khola is Tetang where there is a gompa and salt mine. After crossing the river of Chugsang, we see some spectacular sight of red eroded cave. The vast Kali Gandi valley gradually narrowed and more meditative caves are perceived over the high cliff where there is a tunnel through which Kaligandaki river flow out under the steel bridge. Further short ascend walk on rocky gully trail bring us to Chele. Chele is one of the pretty village offer us comfort accommodation.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 06; Chele to Geling (3, 570m/ 11713 ft.), 7-8hr walk

Our next journey starts with climb on loose rocky slope from where gradient ease. By leaving Chele, we have a wonderful sight of Gyakar village with its fields surrounded by the stone with mud covered wall which lies far away across the deep canyon. The trial continues to climb on the long, steep, treeless and waterless reach at the pass. After a long descends leads to some chorten and further more walk will reach at Samar Village. The resting

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point for all travellers and the horse caravans where it provides horse stables and camping space. Next we climb above the summer village to the ridge and after sometimes we descend from thick junipers trees and reach to Bheni. The trail climb slightly up to Yamda, further climb some ridges and descends with emerging spectacular view of landscape reaches at Sangpoche. We will again slightly climb to a pass and reach to another valley. There is a junction of trail in the valley, from which left trail leads to Nyi la by passing Geling and other descends to the beautiful village of Geling.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 07; Geling to Tsarang (3, 575m/ 11729 ft.), 6-7hr walk

We start our walk gently through the field by passing the typical village of Tama Gaon and its imposing chorten. The trail regions the main route to the Nyi la after continuous climb to the pass. This pass is the southern boundary of the Lo itself. We will have a wonderful and gentle descends from the Nyi la pass and after half an hour is a junction, the right trail is the direct route to Charang, the left trail lead to Ghami. The Charang trail descends to the Tangmar Chu River and it passes the steel bridge over there. After gentle climb is the long stretched red wall called Mani (the longest Mani wall in Nepal) is observed on the way. The red coloured cliff to the northeast part from the Mani wall has a spectacular sight with its beautifully eroded shapes. Another pass has to be ascend and the gently descends of the routes lead to Charang village.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 08; Tsarang to Lo Manthang (3840m/12598.43 ft.), 4-5hr walk

Our initial section of the walk commences with gentle ascend and far ascends to the steep rocky trail to the cairn at ridges opposite to the Charang village. Further we climb towards north and passing the giant isolated chorten which marks a boundary between Tsarang and Lo-Manthang. Then the trail passes the stream and desert like landscape with hue of grey and yellow is crossed. The giant cliff with several caves on it is perceived on the right side while heading towards Lo la (pass). Following the trail for sometimes reaches Lo la from where it views the spectacular sight of Lo-Manthang city and the neighbouring villages. The muddy trail then descends from the Lo la reaches to the stream and climb up to Lo-Manthang plateau we have marvellous site of giant wall which encircle the city. The main entrance of the walled city exists to the northeast side. Inside the walled city, it contains the five storied royal palace, three large monasteries. Himalayan Amchi Museum and local houses.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

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Day 09/10; Explore days in Lo Manthang

Choedey Monastery is the main Gompa of the city which is located to the northwest part of the walled city. This Gompa carries all the monastic activities like Buddhist text schooling, Buddhist rituals performance, teaching Buddhist philosophy and so on. It also takes care of the preservation of the Buddhist ancient thanka paintings, precious religious text, and antiquity of monastics belongings etc. This monastery belongs to the Ngor Sakya clan of Tibetan Buddhism. There is a saying that in 17th century, the king Sabdung Raptan invited his religious teacher Jamgong Ngawang Kunga Sonam to Lo-manthang and later during his stay in Lo manthang (in the Choedey Monastery) he introduced the popular festivals of Tiji (rituals dance performed by the Lama). The monastery also features the museum where one can visit the antique collection of art, sculptures, scriptures and copper wares related to ancient civilization of Lo manthang as well as the whole Lo kingdom.

Jampa Lhakhang monastery is located on the Jampa Thang area which lies within the Lo manthang city. It is the oldest Buddhist temple inside the Walled city which is dated between 1447 and 1449. The monastery was built by the Agon Zangpo (the son of the king Ama Pal) and consecrated by the Ngorchen Kunga Zangpo (the founder of Ngor sub school) during his third visit to Lo manthang. The three storied complex which is highly decorated with the Mandala paintings on the wall depicting the masterpiece of wall painting arts of great artists from Kathmandu and Dolpo. The temple manifests the Newari art and architecture on its surrounding courtyard and paintings on wall. This temple is also belonging to the Ngor clan of Sakyapa school of Tibetan Buddhism. As there lies the throne of the Maitreya Buddha (future Buddha) inside the temple, it is also known by Maitreya Bihar.

Thubchen Lhakhang is one of the major temples of the Lo manthang city which is located to the southwest of Jampa Lhakhang. It is a one storied temple supported by 49 well painted pillars. The building of this monastery was built during the time of the 3rd king of Lomanthang (Tashi Gon) in 1470. The arts, scriptures and sculptures inside the temple have huge influence of Newari art. Huge reddish coloured hall with magnificent paintings of Kalachakra and various Mantras are portrayed on the wall. The temple also features the old wooden carving. This Lhakhang accommodates a huge hall and some small rooms for the purpose of large gathering of Lamas for the ritual activities held during the occasion. It also carries daily puja inside the temple. One can experience the clear combination of tangible and intangible culture from this temple.

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Tashi Lhundupling Palace is the main palace of the king of Lo Manthang as there are several other palaces around the region. This palace was built by Ama Pal (the 1st king of Lo manthang) in 1440 AD after the declaration of independent kingdom from the great kingdom of Ngari. Before the construction of this palace, the capital city of Lo was in Tsarang. Later on, the capital transfer to Lo manthang and constructed the Tashi Lhundupling Palace. The physical structure of the palace building is mostly resembling to the local houses (two storied rectangular shape with white mud coloured). Exception to that, the palace building has five storied and the roof coloured with black mud to indicate it as palace. The royal family resides on the fifth floor and the fourth floor is used to keep the religious text, images and other relevant artefacts. The fourth floor is also used during the popular Teji festivals. The palace building is decorated with huge windows and it is faced towards the east. Tashi Lhundupling Palace is very important monuments for the Lo manthang as well as the whole Lo to symbolize the unique cultural heritage of Lo.

Visit to Amchi Museum is the collection of Tibetan Medicinal Herbs that found from the environment of Himalayas. The museum also features the traditional method to cure the diseases with the special techniques followed from the generation. Amchi Gyatso, who established this museum in 2008 with the objectives to preserve the traditional medical treatment which has unique features of side affectless cure to patients. The origin of the Tibetan Medical treatment is connected with the Medicinal Buddha (Buddha holding fruit of arura on his right hand side) who is believed to be taught the root of this method. This method of treatment mostly focuses on the people's spiritual factors while curing any illness. The medicine is also preparing with the proper ritual performance. It is not a new practice for the people of Himalayas to connect every activity with the religion. However, one can experience the unique ancient method of treatment from this museum.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Dzong Phug Cave is one of the major cultural heritage sites of Chhoser village. The term Dzong Phug is the local name of the cave which sense to "fort cave". The cave manifests the ancient civilization of the dwellers which is dated about 25,000 years ago. The construction of the cave based settlement can be assumed as the protection from other tribes. It has its own myth and stories among the local people. The residential area within the cave size is equal to five storied building in height which is clearly assumed from outside the cave by observing the holes. Inside the cave, there are more than 40 cabins which are well designed for different purposes as bedroom, kitchen and bathroom. The dust of the smoke is still on the wall and ceiling. There is a long corridor in every floor of the cave and the floors are connected with the ladder to pass up the next floor. The

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holes of the cave which work like window has spectacular view of Chhoser and surrounding village with their landscape. The management of the cave activities is done by the local Youth club of Chhoser village.

Nub Phug Ling monastery is also one of the main cultural heritage sites of the Chhoser village. The construction of the monastery is unique from other monasteries around the region. The term Nub Phug means "west cave" as the monastery lies to the west side cave of Chhoser village. The monastery is partially constructed with the cave base and half part gave a building structure. Entrance to the monastery is led by the straight up steps from where it views the magnificent sight of the surroundings. Inside the monastery, one can observe the Mandala paintings and the images of thousands Buddha but unfortunately those are in a deteriorating condition due to lack of proper conservation. The flower decoration of the Mandala paintings on the ceiling reflects the date of 12th and 13th century. The paintings of the walls are done in two different ways according to the nature of the wall (cave wall and the mud wall) which can be distinctly perceive. Nevertheless, Nub Phug Ling monastery manifest the gradual development of art in human civilization from its inclusive glance.

Gar Phug Gonpa is also one of the sacred monasteries in Chhoser village which has its own unique historical and cultural importance. The construction of the monastery was done by the series of Lamas. According to the scripture of the monastery, it was first built by the Lama Siji Gyatso who came from the Kham of Tibet in 17th century. Subsequently, it was completed by the third Lama Rigzin Tsewang Norbu during the throne of King Tenzin Wangyal of Lo manthang. Present state of the monastery was completely reconstructed and also shifted from its original location during the period of Lama Tenzin Nurbu. Previously the monastery was belonging to the Kagyu clan of Tibetan Buddhism and now it is associated with both the Kagyu and Nyingmapa School. The art, architecture and sculpture which decorates the interior part of the monastery are from different time frame. The sculptures found here can be dated to 12th or 13th century. The statues of Buddha in this Gomba reflect the Newari style. Present physical structures of the building and the paintings can be date only to 180 to 200 years.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 11; To Drakmar (3820m/12533 ft.), 5-6 1/2hr walk

With indelible memory of Lo-Manthang we return to southwest avoiding the route to Tsarang which go down towards the south. We follow the trail which leads through the fields of Lo -Manthang city and following the irrigated canal. The trial to Lo Gekar is not a main trading route as it follows the indistinct trail of herders which makes crisscrossed on the hills. We have

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to climb up straight to the cairn of pass from where it gives a final glimpse to Lo Manthang, the trail climbs the ridges, reaches another huge cairn making a pass and further more climb will arrive the highest peak of the trek Cho Go La (4270m). Then we will enter the grassy valley where trails lead to a long ridge, furthermore descends from a short steep gully arrives Charang Khola and by passing some Chorten arrived Ghar Gompa. After visiting the Gompa (8th century, oldest Gompa of whole Himalayas including Tibet), we climb the ridges to cross the pass and enter the alpine meadow and steep town to the gully which is over shaded on the top with red color. There is a myth on red cliff that the red colour is the blood of Ogress which once vanquished by Guru Rinpoche. Now soon our journey brings us to a beautiful village of Drakmar.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 12; Drakmar to Shyangboche (3850m/12631 ft.), 5-6hr walk

With astonishing site of landscape intensify by the morning sunrise we start our trek which goes down with the stream passing the stone walls and the fields of Drakmar. The trail then climbs the ridge to the chorten and again descend to another stream is small climb and we follow the trail till Ghami la which contouring to the Nyi la. Descending the steep trail to the Geling valley but stay high by passing the Geling village and later gently walk down the Chungar, a large Chorten, house and camp sites. The trail passes the Mani wall and the three typical houses of Tama Gaon, which later leads down to the rocky canyon to the stream and turn up to the Shyangboche La. We will see huge painted Chorten before re-joining with Giling trail. Our trek of the day end after descending the Shyangboche la and reach to the village of Shyangboche.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 13/14; Shyangboche to Chhuksang (3050m/10007 ft.) & Jomsom (2720m/8923.885 ft.), 5-6hr walk

We start our trek after breakfast by retracing the upwards trail through Yamdo and Bheni to Samar. We will enjoy the downwards trail which are of less ascends. It is an hour of descends from Samar to Chele and still an hour to follow the bank of Kaligandaki River

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

Day 15/16; Jomsom to Pokhara (823m/2,700ft) & KTM, 25min fly+ 6hr drive

From Jomsom to Pokhara, retrace our fly to Pokhara and next day drive to Kathmandu

[Included meals: Bed & Breakfast]

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Difficulty: Medium-hard

Overnight at hotel

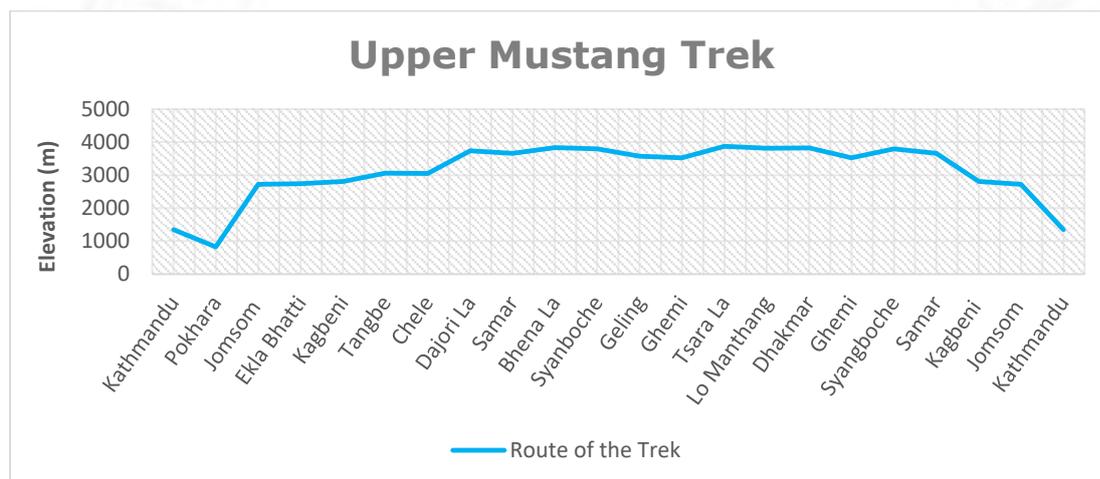
Day 17; Departure from Kathmandu

A representative of IHSA will drop off you at the airport by private vehicle [Included meals: Breakfast]

Supplementary time

The mountain weather is notoriously unpredictable and sometimes even during the best part of the season, flights are delayed or postponed for one day. We can also arrange for a Helicopter charter from Jomsom to Kathmandu instead but this adds significant extra cost. We highly recommend that you take potential delays into account and allow for an extra day in Kathmandu. You can use your extra time here in Nepal by doing many exciting activities like rafting, jungle safari, and Mountain flights or simply enjoy the bustling streets of Kathmandu.

Altitude Profile



We offer two packages: Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

Basic Package:

- + 17 days Upper Mustang Trek
- + Guide and porter services
- + Food throughout the trip
- + Flight from PKR-Jomsom & return & PKR-KTM+ sharing bus to PKR
- + Airport pick up & drop off personally. For details see below.

Price: USD 1750 per person with group size of 2

Comfort Package:

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As Basic and

+ 3* Hotel in Kathmandu & in PKR

+ Sightseeing with guide. For details see below.

Price: USD 1885 per person with group size of 2

Group Discount:

There is a further discount for larger groups. Please contact us for details

Trek Duration:

Standard itinerary – 17 days. Can be shortened or extended depending on time and fitness.

Includes:

- + All airport transfers. We'll pick you up personally
- + Accommodation in a quality 3* hotel with breakfast in Kathmandu & PKR [upgrade possible]
- + Sightseeing in KTM by private vehicle and professional English speaking guide+ entrance fees
- + Private trek with an English speaking trekking guide
- + 1 porter (between two clients) to carry your luggage during the trek (max16 kg; i.e. 8kg pP)
- + Flight from PKR-Jomsom & return
- + sharing tourist bus from KTM-PKR & return
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trek in carefully selected teahouses
- + All trekking permits and TIMS card
- + First Aid kit
- + Guides' and porters' medical and accidental insurance

Excludes:

- Nepal Visa fee for on arrival entry visa (US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Other charges at lodges/tea houses such as showers, internet access or battery re-charging
- Personal travel insurance /medical/trip cancellation/rescue insurance
- Any rescue costs or costs of early departure from the expedition
- Any costs associated with early departure from the expedition
- Gratuities
- Tips for Guides & Porters
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt

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Additional Options:

+ Hotel upgrade in KTM: [35 USD for 4* hotel, 90 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ Optional Extended Route [continue to following destinations]

If you prefer to extend the trip and continue to **Annapurna Circuit, Annapurna Base Camp, Ghorepani Poon Hill, Dhaulagiri Base Camp trek**, this can also be arranged.

Trip Related Information

Trekking Day

Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides

The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

Accommodation

Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with ensuite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

Food

On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to

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buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

Your luggage

Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

Money and Tipping

It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu and USD 35 - 45 per day whilst trekking in the Everest region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 9 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance

Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues

Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare,

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Upper Mustang Trek

Duration: 17 days

Difficulty: Medium-hard

it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues

AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

Climate and Temperature

At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

Have a good trip...

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