



**INCREDIBLE HIMALAYAN
SHERPA ADVENTURE P. LTD.**
SPECIALIZED IN ORGANIZING TREKS TOURS & EXPEDITION

Upper Dolpo Trek

Duration: 23 days
Difficulty: Medium-hard

PAN No. 601340433
NMA. AM#1171, TAAN
NRB No. 1573/021/072
Govt. Regd No. 115217/070/071

Travel time: Can be freely chosen
Group size: Private Trek

Quick Trip Facts

Altitude: 5220m
Season: Spring/Fall/Winter
Accommodation: Teahouse

The Upper Dolpo Trek is one of our favourite treks and we'd be delighted to help you explore stunning region in Nepal.

Overview

The Upper Dolpo trek takes you into the high-altitude zone of the Trans-Himalayan Ecosystem in the western district of Nepal. The vast majority of Upper Dolpo is protected by the Shey Phoksundo National Park, which extensively covers 3555 sq. km. It is essential trekkers understand that the greater Dolpo region is culturally and environmentally sensitive and fragile. Your respect and care of this region is a small trade-off for its astonishing beauty, cultural richness and biodiversity.

The Incredible Himalayan Sherpa Adventure's itinerary through Upper Dolpo ensures a daily experience of contrasts. From arid mountains to walnut groves and dense cedar, birch and pine forests; grassy mountain plateaus and flood plains to gorges of different coloured cliff lines, steep valleys and gentle sloping hills; streams laced with stepping stones to a thundering waterfall and the silent Phoksundo Lake – the journey is simply mind-bending.

For nature-lovers, Upper Dolpo's fauna brings endless splendid encounters with rare bird species, blue sheep and yaks. Endangered species, including the snow leopard and red panda are indigenous to Upper Dolpo.

Upper Dolpo's people are followers of different Buddhists schools (Nyingma, Kagyu and Sakya) and the Bön religion. Some communal blessings involve the use of medicinal herbs. Sky burials are performed in some communities. They mainly depend on agriculture, animal husbandry and trade for their livelihood. Yak caravans mobilise stock to neighbouring regions to this day.

There is a popular misconception that Dolpo is purely of Tibetan culture, as Buddhism is practiced and Tibetan widely spoken across the region. The Dolpo people are one of 59 listed indigenous peoples under the Nepal Federation of Indigenous Nationalities. There are centuries of connection between Dolpo and Tibet, and in recent history, the 1959 uprising in Lhasa resulted in some Tibetans fleeing to Dolpo. Dolpo was once also a

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protectorate of the kingdom of Lo (present-day Mustang) and now belongs to Tichurong. During the trek, you will visit places of great historical importance, such as the Shey Gompa which houses an ancient Tibetan scroll describing the myth of Crystal Mountain.

Highlights:

- + Visit the red-painted Shey Gompa, Nepal's largest monastery, and the hermitage of Tsakang founded during the 17th century
- + Explore the mystical Crystal Mountain, streaked with quartz veins.
- + Traverse the world's deepest lake of high altitude Phoksundo Lake
- + A vibrant turquoise blue body of water, this lake is a protected area as it is a habitat for many waterfowl species
- + Catch breathtaking views of an enormous waterfall formed by Phoksundo Lake's headwaters
- + Pass beneath a glacier descending from the upper slopes of Kanjeralwa.
- + Visit the Magar & Bhatia villages in Dho Tarap valley, some of the world's highest settlements at 4100m
- + Spend a whole day in Ringmo, a traditional village where locals make a range of handicrafts
- + The Pal Sentan Thason Chholing Gompa, from the Bön tradition, is a short walk from Ringmo
- + Go from canyon to waterfall in a day between Ghyamgar and Laisicap

Suggested Itinerary:

Day 01; Arrive Kathmandu (1350m)

Flying into Kathmandu is a memorable experience with the Himalaya spread out before you. 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.

[Overnight at hotel]

Day 02; Kathmandu Tour

Your tour in KTM of the most beautiful UNESCO World Heritage sites- Swayambhu, Boudha, Pashupatinath. Return to hotel & trek preparation

[Included meals: Bed and Breakfast]

Overnight at hotel

Day 03; Scenic flight to Nepalgunj (1500m), 1hr flight

We fly to Lukla. Flying into Nepalgunj is an another unforgettable experience with scenic view of Himalaya and plain terrain of Terai region.

[Included meals: Breakfast]

Overnight at Hotel

Day 04; Another scenic flight to Juphal and trek to Dunai (2140m), 35m fly+3-4hr walk

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We fly to Lukla. From here we walk down hill and follow shallow gull, further some steeply walk bring us to Thulo Bheri Khola(2080m). Further, we follow the trail besides the river to reach Dunai (2140m) which is the administrative centre for all of Dolpo, as well as the main trading centre.

[Included meals: Breakfast+Lunch+Dinner]

Day 05; Trek to Chhepka (2720m), 5-6hr walk

We descend through the centre of the town to the suspension bridge across the Suli Khola & take the trail up which has little shade & seems to endlessly go up & down. Switching the trail across the river several time reach to Ragtang (2421m). Our trail leads to another suspension bridge to cross the river & pass Shyanta (winter settlement of Ringmo Village) & final cross to Ankhe Khola and an hour of ascend walk bring us to Chhepka (2720m).

[Included meals: Breakfast+Lunch+Dinner]

Day 06; Trek through the bank of river, dense forest and switchback trail to reach Jharina Hotel (2960m), 6-7hr walk

We start our trek through the walnut grove about 10 minutes and cross the Suli Khola to follow the river bank until we reach to the dense forest. After an hour, we cross a tributary and climb up to switchback trail for roughly (380m). The trail then leads to an enjoyable flat grassy plateau, later it drops down to the river, follow the river bank route which lead to the bridge near the Tapriza Sec. School. From here we cross to the west bank of the Phuksundo Khola and short trek bring us to Jharina.

[Included: Breakfast+Lunch+Dinner]

Day 07; Climb up to Phonksundo Khola, continue up on switchback trail with scenic view of Phoksundo lake and reach to Ringmo (3640m), 4-5hr walk

From here we climb along the west bank of the Phoksundo Khola, pass the wooden bridge below the trail, and continue climbing through cedar and pine forest on a trail that swings northwards. Passing another long climb, we reach to the winter settlement called Polam (3400m). Continue climbing switchbacks to a ridgeline with excellent views of the turquoise & cobalt blue Phoksundo Lake, and an enormous waterfall formed by the headwaters of the Phoksundo Khola (3800m). We descended through birch forest to the clear-running headwaters & climb an easy gradient towards Ringmo.

[Included meals: Breakfast+Lunch+Dinner]

Day 08; Acclimatization day in Ringmo

We have relaxing day to adjust our body with the altitude and we also have short hiking around the village peripheral. We visit the Nepal's deepest and 2nd largest Lake (Phoksundo Tal) which lies to the Northern side of the village. About 1.5km away, on the south-eastern edge of the lake, is the Bon tradition Pal Sentan Thason Chholing Gompa which is extremely similar to Tibetan Buddhism. Bon is the old Tibetan religion which follow the

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animism but most of the ritual practices are similar to Tibetan Buddhism. We discover the Bon rituals & the interior layout of the Monastery out there.
[Included meals: Breakfast+Lunch+Dinner]

Day 09; Trek through the precipitous trail, follow the excellent grassy place and take few side trail to reach Phoksundo Khola Camp (3750m), 5-6hr walk

Trek commence with aside the Lake and gradually steep up with precipitous trail. We have a wonderful sight of the lake and the village. After an hour, trail descend to the flood plain of the Phoksundo Khola at the northern end of the lake (3630m. We cross the river and enter patchy pine forest which is soon replaced by silver birch as the valley narrows. We pass through a few cospes of silver birch and further short walk bring us to Phoksundo.

[Included meals: Breakfast+Lunch+Dinner]

Day 10; Follow through the gorge and past small campsite to reach Pass Camp (4810m), 5-6hr walk

Trek begin with ascend that lead up to the gorge where there are many animal tracks and the sound of the river reverberating from the cliffs. The gradient eases after 1 ½ hours as the gorge widens. Climb the switchback trail to the east of the waterfall and after about 100m the gradient ease. We continue to upper reaches of the river valley and scree slope rises. the most popular is at the base of the long curving trail.

[Included meals: Breakfast+Lunch+Dinner]

Day 11; Climb up over loose slate-scrree to the pass, descend easy gradient to reach Shy Gompa (4343m), 5-6hr walk

Our trail lead to the pass which is over loose slate scree up an unrelenting gradient for 2 ½ hours. From the top of the Nangdalo La (5350m) we see a broad valley descending to the north carve by a substantial stream. We follow an easy gradient down the valley, crossing the stream where the valley is popular with yak and sheep herders. Further short work brings us to red painted walls of Shey Gompa (4343m).

[Included meals: Breakfast+Lunch+Dinner]

Day 12; Acclimatization day in Shy Gompa

It is worth spending a day at Shey to explore both the Kagyupa sect Gompa and the hermitage at Tsakang. We visit many legends surrounding the founder of Shey Gompa and Tsakang. Tsan-zin Ra Pa, who lived in the early seventeenth century, making this one of the most sacred valleys in Dolpo. Locals insist that the killing of any animal is prohibited in or around Shey Gompa, and this perhaps explains why it is relatively common to spot blue sheep and snow leopard in the valley. Perched on the cliffs of Crystal Mountain, about an hour north from Shey, is the hermitage of Tsakang.

[Included meals: Breakfast+Lunch+Dinner]

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Day 13; Following the arid Sephu Khola, past Sela La (5095m), descend down to reach Namgung (4360m), 6-7hr walk

Trek to heading east into the arid Sephu Khola Valley, following a trail along the north bank. Continuing the trek, the trail forks where a tributary flow down from the north and climb on loose ground to the Sela La (5095m). Further wonderful trek brings us to Namgung.

Included meals: Breakfast+Lunch+Dinner

Day 14; Climb over the ridge and descend down to Saldang (3770m), 4-5hr walk

From here, we follow the trail which climb over the ridge on the far side of the valley, through the ridge that forms the northern bank of the Namga Khola and descend to the Nagon Khola. We continue north, to the commercial land administrative centre of Upper Dolpo, Saldang (3770m). A horse racing festival in July to honour the Black Goat King, who once ruled central Dolpo, begins from the newly decorated Gompa in the village, to the north interesting gompas in the Karang valley, Luri (Sunger Gompa) and Nisalgaon (Yangze Gompa).

[included meals: Breakfast+Lunch+Dinner

Day 15; Gentle sloping through Nagon Khola to reach Chagaon (3840m), 4-5hr walk

Initial trek begin with gently sloping hills on its south-eastern (left) bank across which runs an easy undulating trail. An easy trail of short trek that lead to Chagaon (3840m), where we see Gompa beside the river. There is another hermitage Gompa, popular with local and Tibetan lama.

[Included meals: Breakfast+Lunch+Dinner]

Day 16; Climb up aside the river bank and past several stone house to reach Pass Camp (4700m), 6-7hr walk

Following the trail which past besides the last village of Chasip, continue along the main trail as it slowly climbs beside the river. After an hour, we cross the river to the west bank, and a couple of stone houses at Rakyo Kharka. From here, our trail remains on the west bank of river and reach to cross the Nagon Khola to the east bank and turn into the Dachung Khola valley. A further trek brings us to another major river junction with rivers from the southeast and southwest. We cross the Dachung Khola, into a steep-walled valley and reach at Pass Camp(4700m).

[Included meals: Breakfast+Lunch+Dinner]

Day 17; Steady climb to the top of the Jyanta La (5220m), descend down to huge shallow alpine valley and follow the river bank to reach Tokyu (4209m), 5-6hr walk

Trek begin with a steady gradient climbs about 500m from the campsite to the top of the Jyanta La (5220m). Then descend into a huge shallow alpine valley, which is boggy at the bottom, beside the Jyanta Khola. The gradient

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remains gentle on the west bank of the river until we reach a loose wall of terminal moraine. Once down the moraine, the gradient eases again and we cross the river to the eastern bank. We pass a series of Mani walls and chorten on either side of the valley as it widens. A final descend brings us to Tokyu (4209m) via Dho Tarap valley.

[Included meals: Breakfast+Lunch+Dinner]

Day 18; Trek through large Thakchu Khola valley, descend from Dho Tarap and cross the bridge to Ghyamgar (3755m), 6-7hr walk

We trek down from the large, fertile Thakchu Khola valley which is home to Magar and Bhotia villages and almost merge together. This is one of the highest permanent settlements on the planet at an average of 4100m, and a popular place for Tibetan nomads to graze their yak herds. From Dho Tarap, continue to descend the now narrowing Tarap Khola valley. Continuing our trek cross the Tarap Khola to the west bank beyond the campsite and descend a rough rocky trail through scrubby patches of forest. The trail descends rapidly to the Sisal Khola, then swings back into the Tarap Khola and descends rapidly to a bridge in a narrow gorge, climb of about 200m over a small peninsula in the valley Ghyamgar (3755m).

[Included meals: Breakfast+Lunch+Dinner]

Day 19; Follow the gradual descent on an undulating trail, take a steep switchback section and past the waterfall to reach Laisicap village (2775m), 7-8hr walk

As we start our trek, the valley becomes a sheer sided canyon with the river in a white rage beneath a bridge to the west bank. The gradient eases to a more gradual descent on an undulating trail which later meet to another major tributary junction with the Nawapani Khola. We soon cross back to the east bank for a short section before returning to the west bank at Chhyugar (3440m). After that, we descend more rapidly to a steep switchback section that drops to a pretty lace-waterfall at Laina Odar (3440m). We then soon descend rapidly again and suddenly the Tarap Khola valley merge with the Thulo Bheri Khola valley and finally we cross the river reach to Laisicap village (2775m).

[Included meals: Breakfast+Lunch+Dinner]

Day 20; Walk on a broad thoroughfare, past the Tarakot (2540m) and Dunai (2140m) and finally reach to Juphal(2475m), 7-8hr walk

After days of descending treacherous trails, it is a relief to be walking on a broad thoroughfare beside the Thulo Bheri Khola. After an hour, beyond Laisicap is a fine kani at the entrance to Tarakot (2540m), a popular winter settlement for people from Dho Tarap. Beyond Tarakot, we cross to the north, exposed bank of the Thulo Bheri Khola and resume a typical up and down profile all the way to Dunai (2140m). Finally we retrace our steps

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from the first day of trekking to the airstrip at Juphal (2475m).

[Included: Breakfast+Lunch+Dinner]

Day 21; Fly back to Nepalgunj (1500m), 35min fly

From Juphal we take flight to Nepalgunj and stay there.

[Included meals: Breakfast+Lunch+Dinner]

Day 22; Fly back to Kathmandu (1350m), 1hr fly

We fly back to Kathmandu and transfer to the hotel.

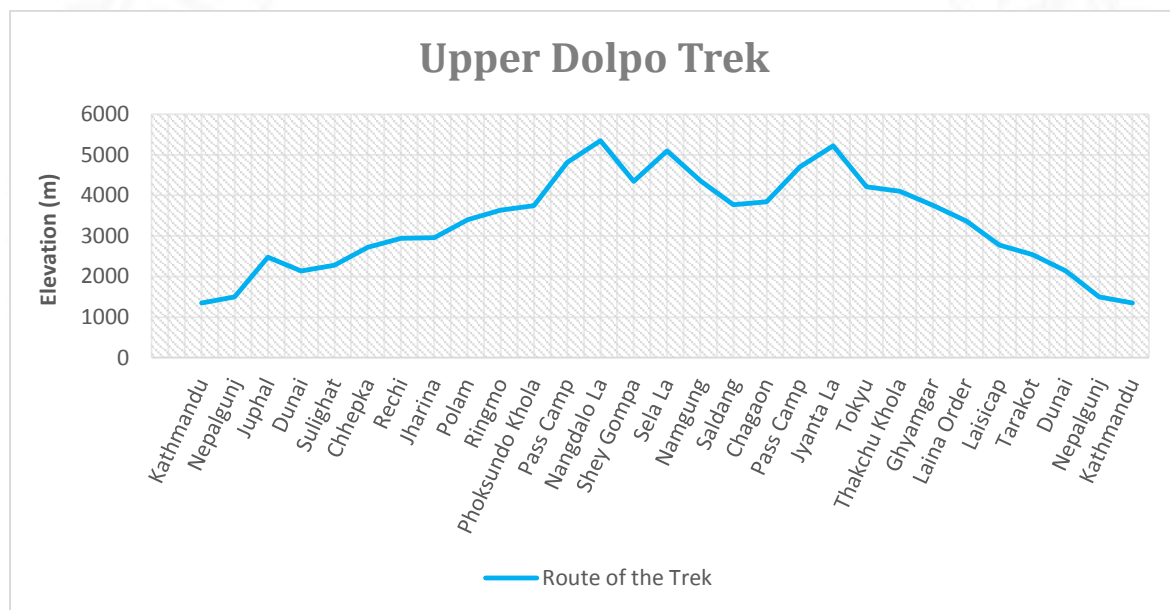
[Included meals: Breakfast]

Day 23; Departure from Kathmandu

A representative of IHSA will drop off you at the airport by private vehicle

[Included: Breakfast]

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:

- + 23 days Upper Dolpo Trek
- + Guide and porter services
- + Food throughout the trip
- + Airport pick up & drop off personally. For details see below.

Price: USD 4730 per person with group size of 2

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Comfort Package:

As Basic and

+ 3* Hotel in Kathmandu

+ Sightseeing with guide. For details see below.

Price: USD 4860 per person with group size of 2

Group Discount:

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

Trek Duration:

Standard itinerary – 23 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 and Pokhara [upgrade possible]
- + Sightseeing in KTM by private vehicle & professional English speaking guide
- + Private trek with an English speaking trekking guide
- + Camping crew (cook, Kitchen boys, Sherpa, number of porters)
- + All round trip flight tickets
- + Full board meals (Breakfast+Lunch+Dinner/ coffee/chocolates/Milk/Black/Lemon/Green/Masala/Mint Tea) during the trek
- + Accommodation during the trek in tent
- + All Camping Equipment & Kitchen items required during the trek, sleeping tents/mattresses, kitchen tent etc.)
- + All trekking permit and TIMS card
- + First Aid kit+ Medical & accidental insurances of crew

Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porter (not mandatory but expected)
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- 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.

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 en-suite 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 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

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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 traveler'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 / Pokhara and USD 30 – 35 per day whilst trekking in the Annapurna 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 8 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 and 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, 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. 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

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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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